

MGW

MOM GUESS WHAT NEWSMAGAZINE

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**Travel
Issue**

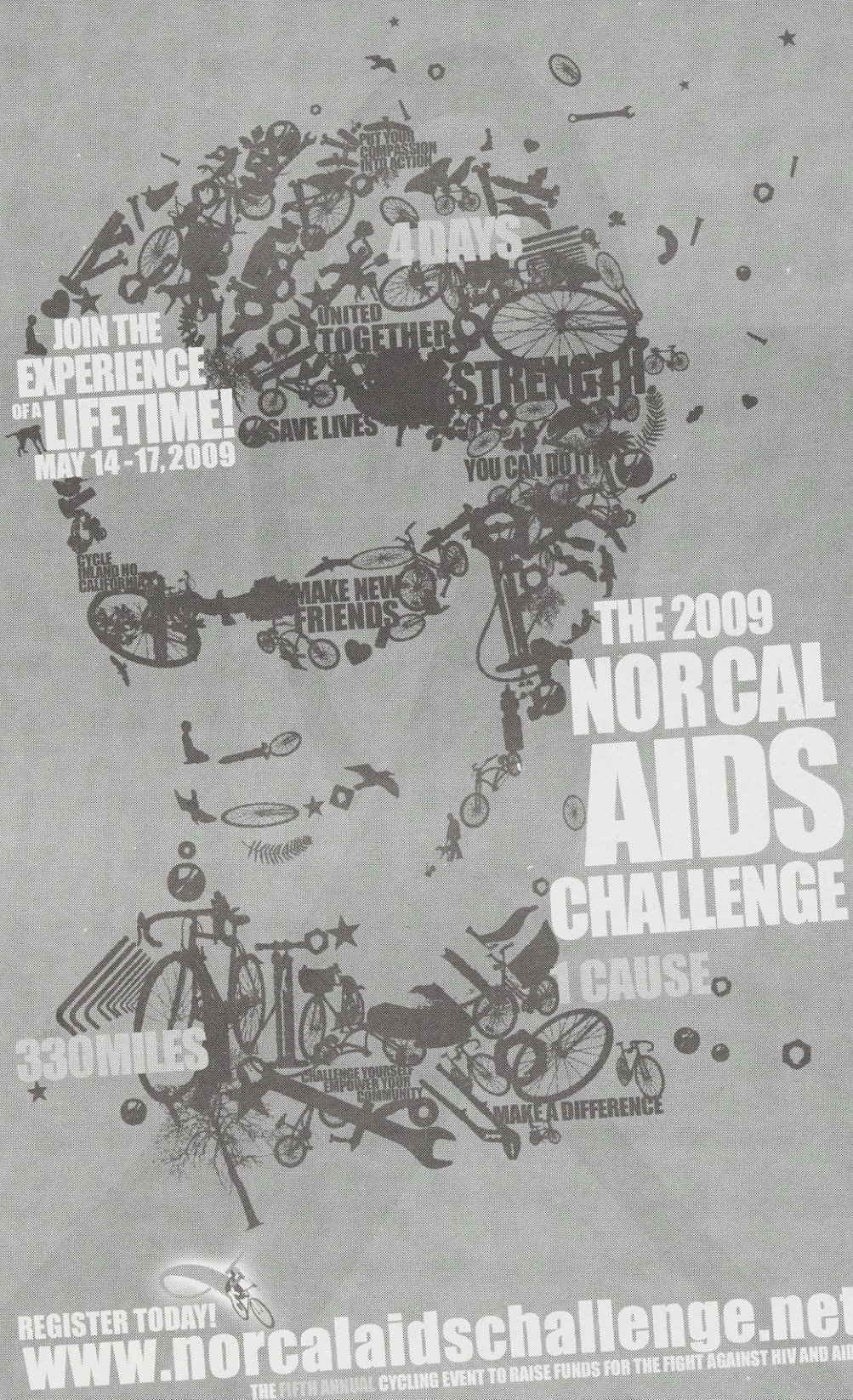
Vacationing At Home?

FACES' Dragaliscious Diva ...

Monique Moore

COVER PHOTO BY JAY LENSCH

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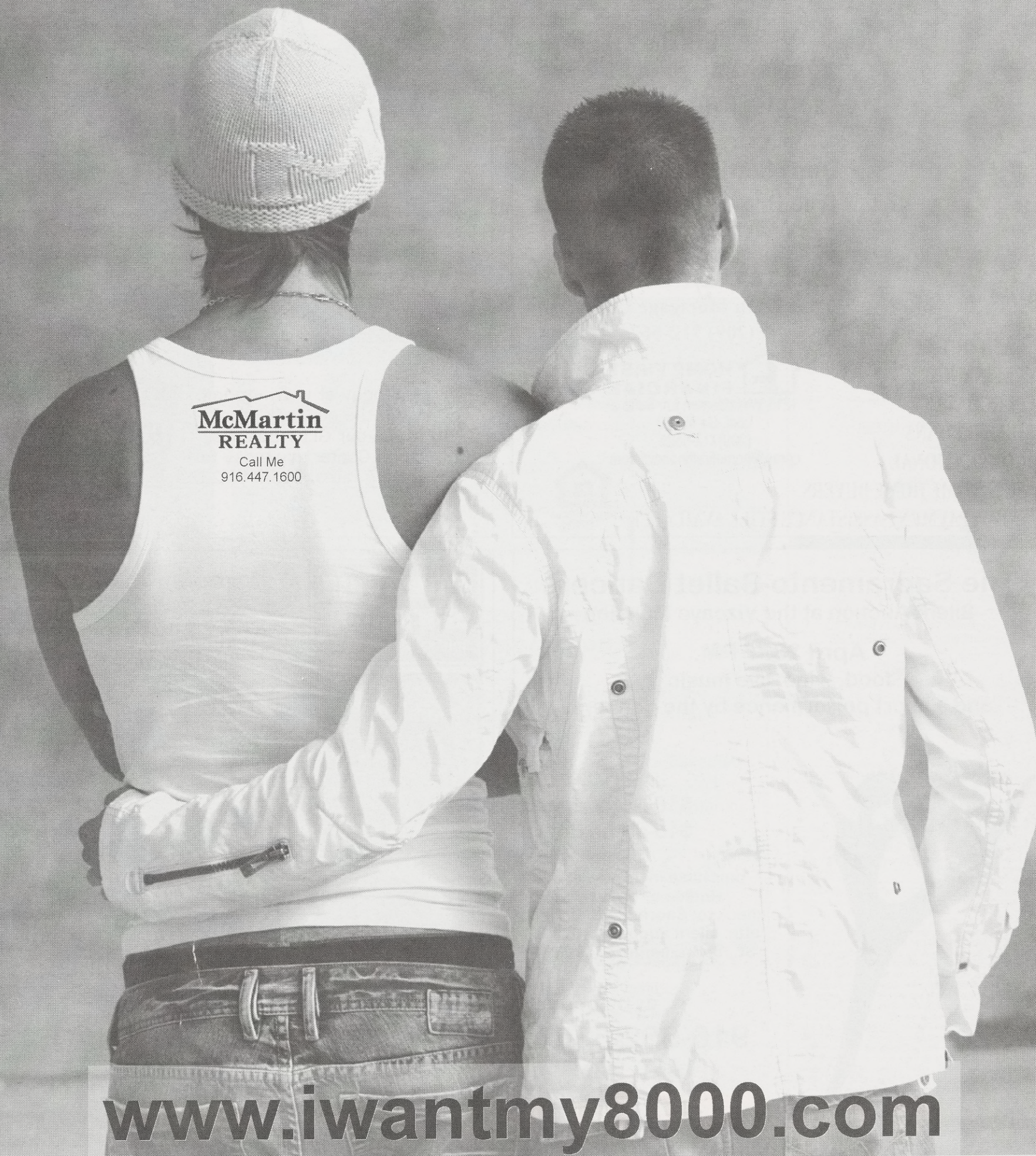
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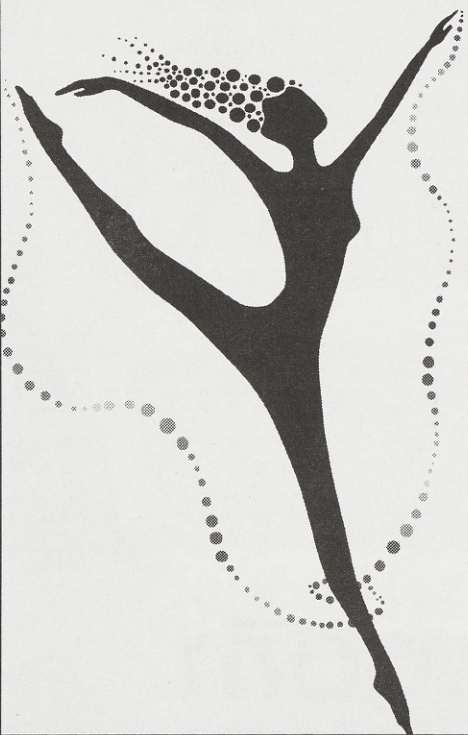
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THIS IS A LIST OF BUSINESSES IN THE SACRAMENTO AREA THAT ALLEGEDLY ENDORSED OR DONATED FUNDING TO THE "YES ON 8" CAMPAIGN. THESE BUSINESSES ACTIVELY FOUGHT FOR THE PERMANENT REMOVAL OF OUR COMMUNITY'S MARRIAGE RIGHTS THAT HAD BEEN FULLY RECOGNIZED IN 2008 BY THE STATE OF CALIFORNIA. DO NOT LET YOUR MONEY SUPPORT THEIR HATE.

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IF ANY OF THE BUSINESSES LISTED ABOVE ARE LISTED INCORRECTLY OR UNFAIRLY, OR DID NOT DONATE FUNDS TO THE "YES ON 8" CAMPAIGN, PLEASE CONTACT MGW NEWSMAGAZINE IMMEDIATELY SO THIS INFORMATION CAN BE CORRECTED. IT IS OUR INTENTION TO PROVIDE ACCURATE INFORMATION FOR THOSE CHOOSING TO FINANCIALLY BOYCOTT BUSINESSES WHO SUPPORTED "YES ON 8". WE DO NOT ADVOCATE VIOLENCE OR VANDALISM OF ANY KIND. NOR CONDONE ANY MALICIOUS ACTION OR BEHAVIOR TOWARD ANY BUSINESS OR INDIVIDUAL REGARDLESS OF THEIR POLITICAL POSITION ON PROP. 8. THIS IS AMERICA; THEY ARE FREE TO VOTE THEIR CONSCIENCE AND WE ARE FREE TO NOT SUPPORT THEIR BUSINESSES.

CCGRA SCHOOL GETS UNDERWAY

Capital Crossroads Gay Rodeo Association is proud to announce our Rodeo School which will be held on April 18, 9 a.m. - 4 p.m., at Central Park Horse Arena.

We will be covering Calf Roping on Foot, Chute Dogging, Steer Deco & Wild Drag Race. Lunch will be provided. For current SCCGRA Members, this is a free event. For non-members, registration is only \$30 & covers all events, lunch, & membership.

We are asking friends & family that want to join us but not participating for \$5 to cover lunch. Everyone that will be attending should pre-register or RSVP by sending an email to events@capitalcrossroads.org.

For more information, visit our website www.capitalcrossroads.org to get the event

flyer.

REV. BRADLEY, FOUNDING MEMBER
VOLUNTEER CHAIR / EVENTS CHAIR / NEWSLETTER
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Release Them

California has the opportunity to do the right thing. A three-judge panel has heard a case concerning the possible release of 52,000 state prisoners. Plaintiffs argue that the system provides inadequate medical and psychiatric care for its inmates. This is cruel and unusual, a violation of the Eighth Amendment, they say.

Taxpayers rightly resent the price tag of prison programs. But if the prisons cannot afford to care for their prisoners, we obviously have far too many.

Governor Schwarzenegger once vowed to reduce the prison population, and he ought to. Now is a good time to seriously reassess the whole system.

There were virtually no prisons in this country when it was founded. The modern criminal justice system grew out of the institution of slavery. Prisons exploded in their growth in the 20th century. The Progressive Era, whose leaders dreamed of re-creating society and redeeming mankind through an active and expansionist state, accelerated the development of today's system. It grew steadily.

Before Ronald Reagan's presidency, half a million Americans were in prison and jail, and fewer than 1.5 million on parole or probation. Now there are more than 2 million behind bars and 7 million total in the correctional system. In California, prison population grew by 500 percent from 1982 to 2000.

This is madness. And it's expensive.

Some worry about the strain on social infrastructure if prisoners were mass-released, but they could not possibly cost the state more than they do now. They would also at least have the chance to

create wealth as workers and consumers in the market, rather than just being a drain in the public sector.

Each prisoner costs taxpayers \$35,000 per year. Victims are not made whole but instead are forced to foot the bill to house their perpetrators.

The state used to have some restitution centers through which white-collar convicts could work and pay back their victims as well as some of their detention costs, but these centers were closed down earlier this year. State officials said the program was too expensive. Only government could lose money making people work.

Most offenders never get the opportunity to pay restitution but are simply jammed into obscenely overcrowded cages. California's system is designed to hold about 100,000 prisoners but instead houses 171,000.

Judges used to have wide discretion in sentencing, which minimized overcrowding. In 1977, Democratic governor Jerry Brown stripped judges of this authority. "Over the next decade, California's legislature, dominated by Democrats, passed more than 1,000 laws increasing mandatory prison sentences," according to the Washington Post.

Brutal violence is all too common in prisons. Human Rights Watch estimates that nationwide, one out of 15 male inmates is raped. Many prisoners are effectively the slaves of their cellmates. Gang violence is endemic. The institution has become a totalitarian hell for those inside.

What's worse, most people incarcerated should not be. A quarter of the inmates are locked up for nonviolent drug offenses.

They committed no act of violence against anyone's person or property, and their imprisonment is part of a destructive drug policy that has increased crime, trashed civil liberties, uprooted the social order, and corrupted the whole legal system. Many others are in prison for other nonviolent offenses against the state — unapproved gun ownership, tax evasion, and so forth.

Many petty criminals do not deserve anything like today's prisons, and their incarceration helps no one. Most prisoners can and should be released. The number of those who actually must be isolated from society would not lead to overcrowding or be an ungainly financial burden.

California's recidivism rate is the highest in America. The system does not work. Indeed, offenders go in as smalltime thieves and come out far worse. They go in as drug users and come out desensitized to savage violence. They go in as burglars and come out as rapists. In short, prisons increase crime.

Conservatives talk about the good old days when there was more civility, more freedom, lower taxes, and less crime. There were also far fewer prisons. Until the modern system is rethought through a libertarian perspective, we can never restore the liberty and social peace we once had.



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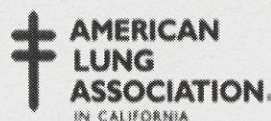
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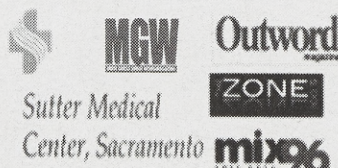
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Don't Sign That Initiative Petition!

Signature gatherers are now allowed to gather signatures on petitions to place a certain initiative on the ballot. At first glance, this initiative might seem like a good idea to LGBTI people. But it is a very dangerous petition. Please do not sign it!!!

The initiative would strip the concept of marriage from California law. Straight couples, who want to register their relationships with the state, would register as domestic partners rather than obtaining marriage licenses. Same sex couples would do the same.

On the surface that sounds like a good idea. It would place same sex couples and opposite sex couples on equal footing with regard to California law. But, actually it would be disastrous.

First of all, it would absolutely enrage conservative Christians. Many of them felt LGBT people were profaning something sacred when we tried to let same sex couples marry in California. Conservative Christians would view this new initiative as an attempt to totally destroy something that they consider sacred. They would go ballistic!

They would invest huge amounts of time, energy and money into defeating the new initiative. They spent over \$39 million on

proposition 8. That amount would probably pale in comparison to what they would spend to avert what they would view as the total destruction of the concept of marriage.

They would also be angry enough to want to get revenge. It is already likely that, if the State Supreme Court rules against us on Proposition 8, conservative Christians will seriously consider trying to overturn California's domestic partner laws. That would be a major new blow to the community. If this new initiative gets on to the ballot, it is almost certain they will try to overturn domestic partner laws.

There are other reasons for keeping this initiative off the ballot. There is no evidence to suggest there has been any change in voter sentiment since the voters approved Proposition 8. So far as I can tell, no one has yet proposed any comprehensive plan for achieving that change.

It would be foolish to mount another campaign, like this new initiative, without some clear evidence that the public's attitude has changed or that we have a credible plan for obtaining that change. Before trying again, we need to mount a well planned campaign that, at the very least, results in the beginning of a change in voter attitudes.

Family Leave For Same Sex Couples

AB 849 would expand the list of family members for whom an employee may take up to 12 weeks unpaid leave to care for a seriously ill family member. It would add the employee's domestic partner, among others, to the list.

This is an important bill for same sex couples. With the continuing HIV/AIDS epidemic the potential need to care for a sick domestic partner is an ever present reality. And AB 849 affects a lot of people. According to the Williams Institute, there are over 109,000 same sex couples in California. Over 50,000 such couples have registered as domestic partners.

The Williams Institute also reports that there are more than 861,000 lesbians, gays and bisexuals in the state. So there is the potential for many thousands of more couples who might be protected by AB 849, and who may need to make use of its protections.

The problem for such couples is that, if one falls sick or suffers a serious injury, the other person may need to take time off from work to care for his or her loved one, at least until other arrangements can be made. But someone who takes more than just a day or two to care for a loved one, faces the risk of losing his or her job. Then the family would be in serious economic trouble, especially in the current economy.

Current law requires employers to give married employees time off to care for a seriously ill spouse. AB 849 will require employers to allow employees, in registered domestic partnerships, up to 12 weeks

of unpaid leave to care for a seriously ill domestic partner. The employer must take the employee back after that time. The bill also adds other family members to the list of relatives an employee can take unpaid time off to care for.

California Communities United Institute will be helping people write to their legislators in support of this and other important legislation. You can get in on the action by going to: calcomui.org and then keying your E-mail address into the yellow box at the bottom of any page on the web site. I hope you will help us get this bill passed and signed by the Governor.

LGBT Domestic Violence Bill

No one likes to talk about domestic violence in the LGBT community, but it does occur. According to the Gay Men's Domestic Violence Project, one in four gay men experience domestic violence. Reports from the California Department of Public Health indicate that they get reports of close to 3,000 cases of same sex domestic violence per year.

In 2006 an important bill to deal with this problem was signed by the Governor. The bill was AB 2051. This bill required the state to issue grants to up to four organizations that deal with domestic violence in the LGBTI community. The grants are to be used to fund services including, but not limited to, all of the following: (1) 24-hour crisis hotlines, (2) counseling, (3) court and social service advocacy, (4) legal assistance with temporary restraining orders, devices, and custody disputes, (5) community resource and referral, (6) household establishment

Then there is the issue of money. Our community spent over \$40 million in a losing effort to defeat Proposition 8. It would take that much, and probably more, to win passage of this new initiative. I doubt the community could raise the money needed so soon after the Proposition 8 campaign, and during these hard economic times. And, if we did raise it and lost, we would certainly be out of money and energy to fight off any new attack from the religious right.

So, what is a better plan?

1. First, we should wait to see how the Supreme Court rules on Proposition 8. If we win, no further action is needed.

2. If we lose, we should create a well designed plan to change the attitudes of those who voted against us, particularly those in the African American and Latino and Latina communities.

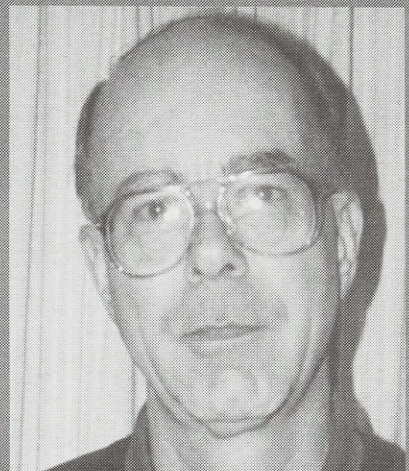
3. We should do test runs, or at least focus groups, to see if the plan we designed actually works.

4. And finally, after doing these things, we might introduce a new initiative to amend California's constitution to allow same sex marriages.

The bottom line is, do not sign the initiative currently being distributed. That would lead to disaster.

NOTE: You can respond to this commentary by going to: <http://www.calcomui.org> and clicking on "Blogs" on the left side of the resulting page.

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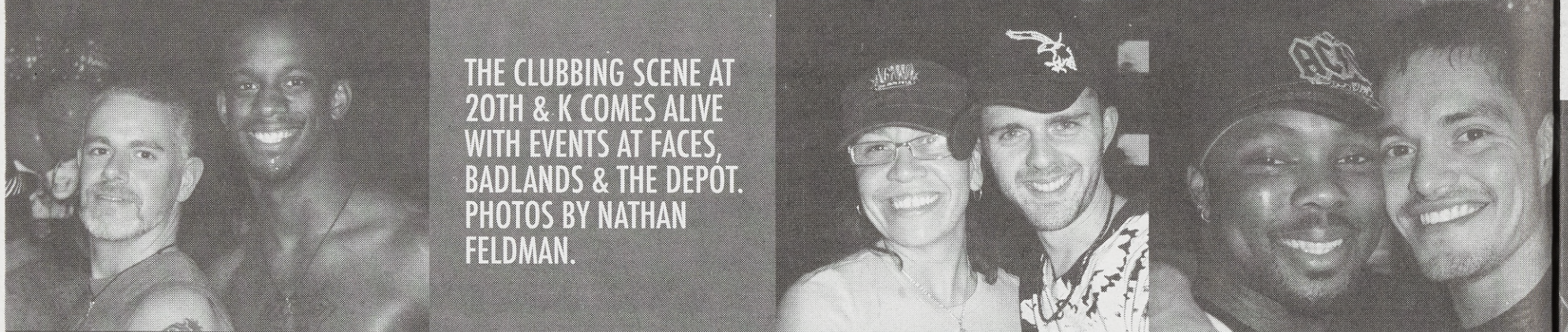
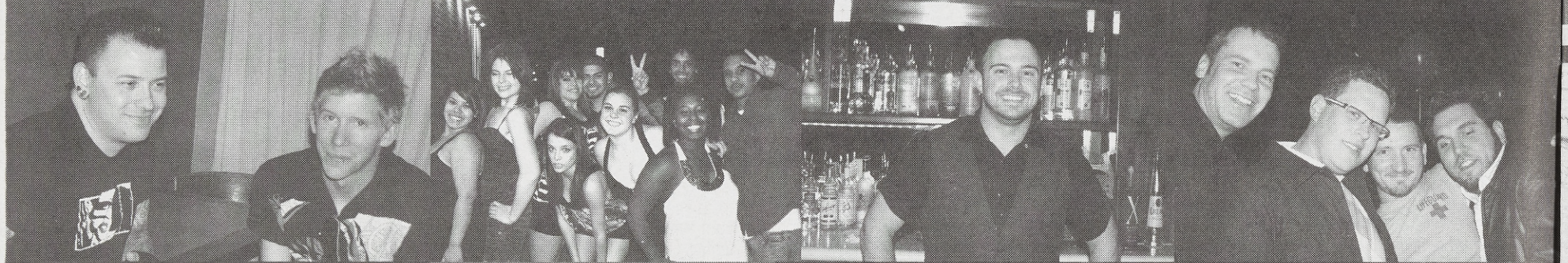
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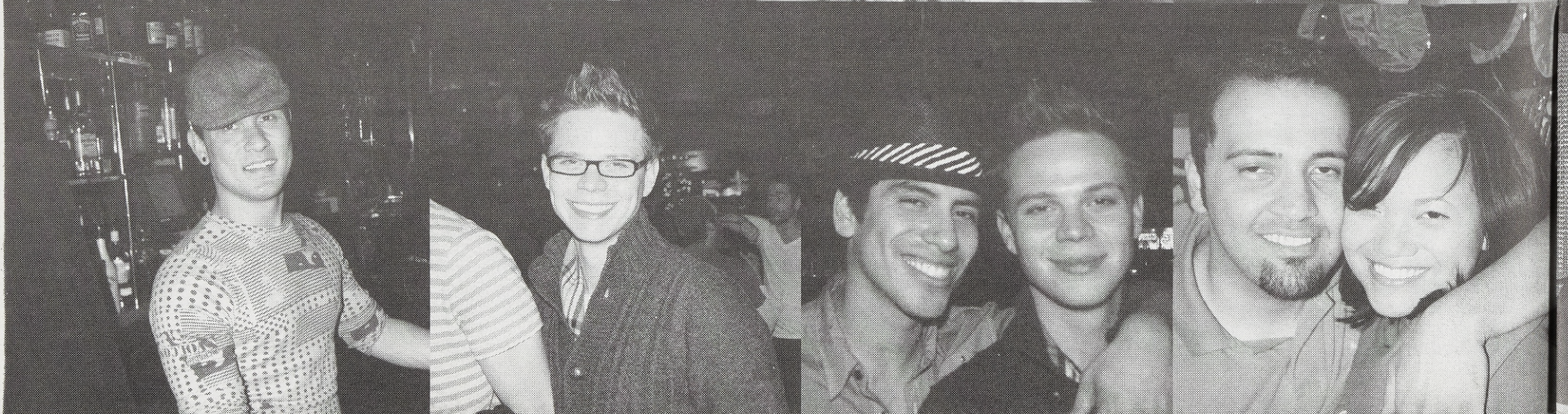
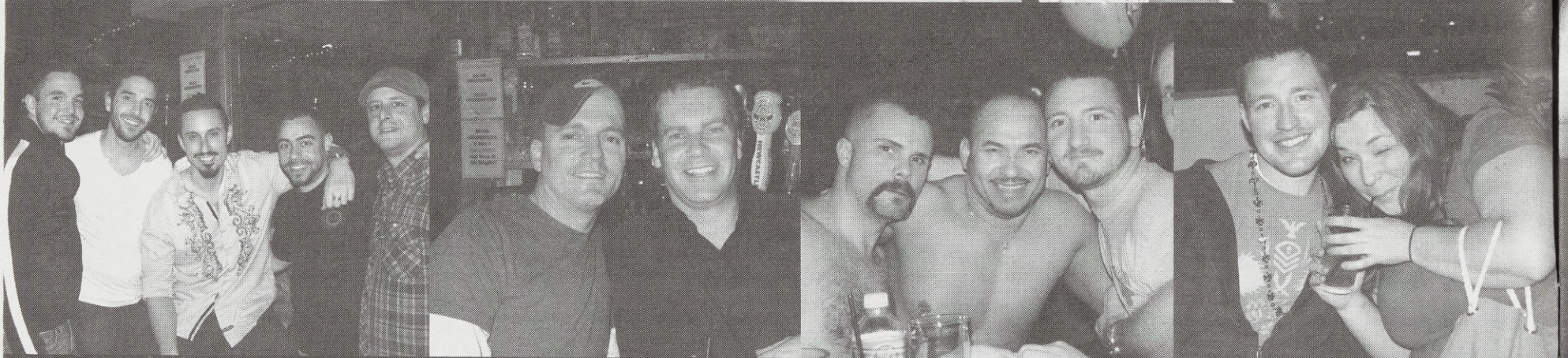
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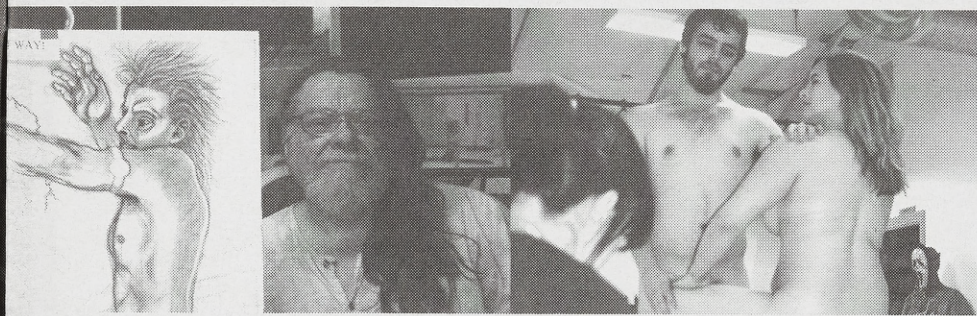


THE CLUBBING SCENE AT
20TH & K COMES ALIVE
WITH EVENTS AT FACES,
BADLANDS & THE DEPÔT.
PHOTOS BY NATHAN
FELDMAN.





TOP LEFT: DRAG EVENT AT FACES FEATURING CGNIE EMPEROR SANTOS IN DRAG. RIGHT: DIAMOND MOORE (VRP'S RICH JONES) DRAGS IT UP FOR CHARITY. LOWER LEFT: NUDE FIGURE DRAWING CLASS AT BONEHEAD TATTOOS & GALLERY. PHOTOS BY NATHAN FELDMAN



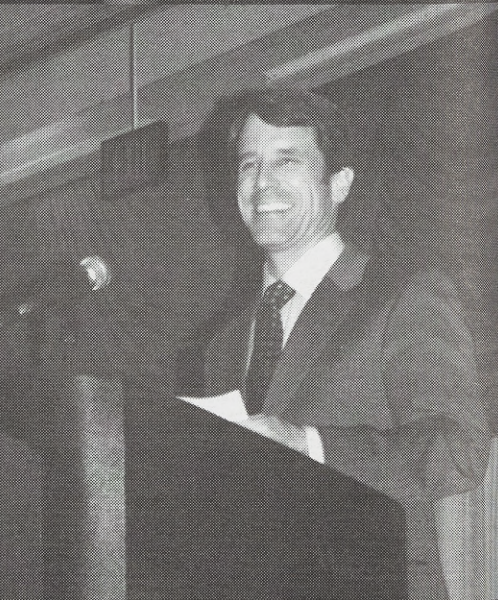
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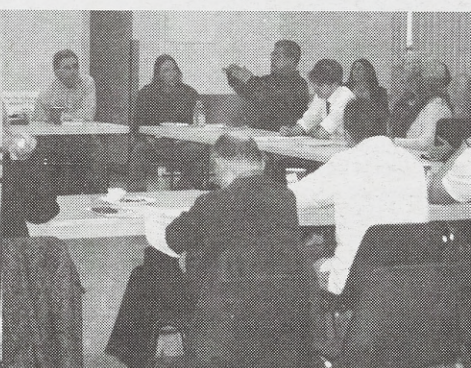
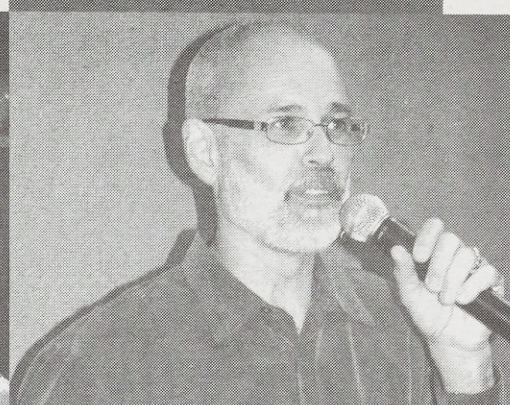


ABOVE: DAWN FROM SARUS RESTAURANT POSES WITH ONE OF HER MANY EXTENDED FAMILY. LEFT: LAVENDER KNIGHTS FUNDRAISER AT BADLANDS WITH RONI & THE FLIGHT. PHOTOS BY NATHAN FELDMAN

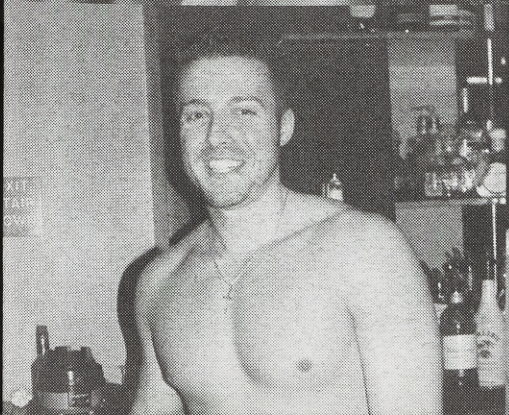
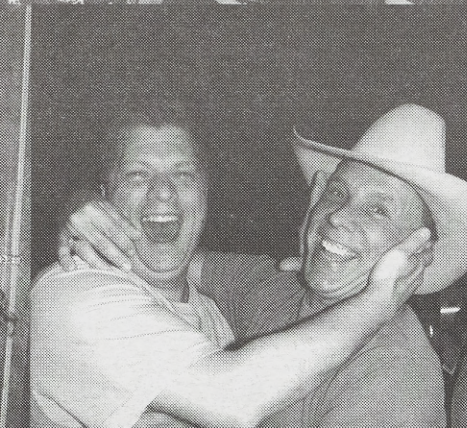
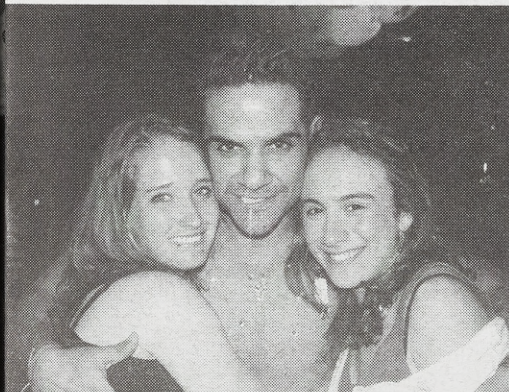
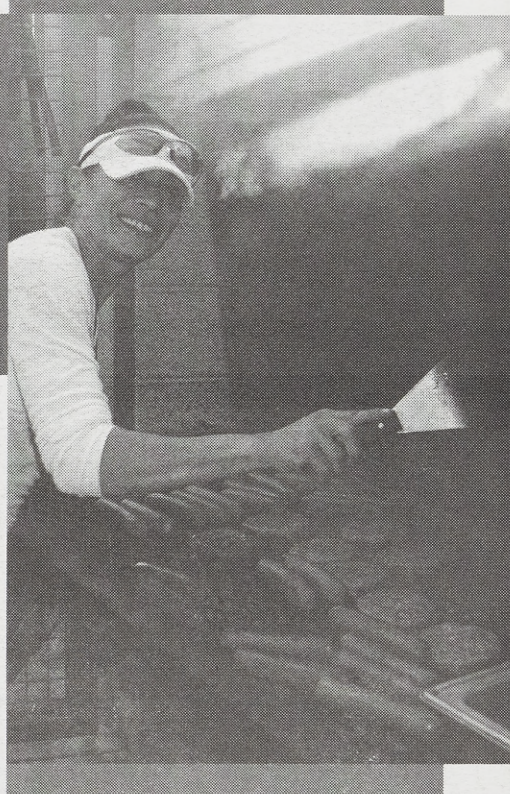


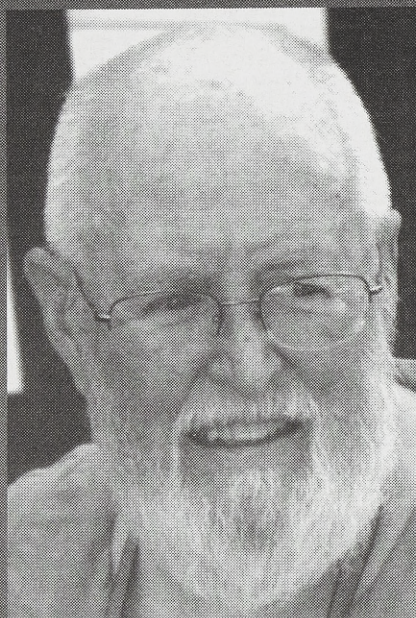
SACRAMENTO GAY & LESBIAN
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LAMBDA AWARDS. READ
MORE ON PAGE 13. PHOTOS
BY NATHAN FELDMAN





ABOVE: RAINBOW CHAMBER MIXER; LEFT: NAG MEETING; RIGHT: FACES BBQ SUNDAYS; BELOW FACES "FIRE & ICE" AND OCTOPUSSY PARTIES, PHOTOS BY NATE FELDMAN





BY JERRY SLOAN

Hate Watch

On March 19, 2009 Fred Krager of Californian Against Hate amended the complaint he filed several week earlier with the California Fair Political Practices Commission (FPPC) asking it to investigate as to the fact the Church of Jesus Christ of the Latter Day Saints (LDS) based in Salt Lake City, Utah, failed to report direct and in kind contributions to the Yes on Prop 8 campaign as required by California law.

Research into LDS activities now shows the church started its opposition to same sex marriage in Hawaii with a series of letters written between 1995 to 1998 from a member of the Quorum of Seventy, Loren C. Dunn, to church president Gordon Hinckley and other church officials outlining how Dunn was sent to Hawaii to set up some kind of a front organization to oppose same sex marriage. These letters can be read on www.Mormongate.com

These are things of which the No On 8 campaign should have been aware and used the Mormon activity in Hawaii and the other losing 26 state campaigns as a gage to judge the Mormon role against same sex marriage in California.

Also another heavy player that plopped 1.4 million into the Yes On 8 campaign was the Knights of Columbus, a Roman Catholic organization often regarded as a fraternal organization of Roman Catholic men whose main purpose is to help the poor. The Knights are described a "strong arm of the church."

For the large part the only thing most of us know about the Knights of Columbus is what we see in the ads they place in magazines and newspapers but in reality it is an organization which has 70 BILLION dollars of life insurance in force and in 2005 reported profits of 70 million dollars.

While it is a tax exempt nonprofit organization, under IRS and Federal court rulings nonprofits are

forbidden to spend "substantial" time and money engaged in non candidate political activities.

These rulings have determined that 5 % of their time and money devoted to lobbying and other non-candidate political activities is not considered "substantial." So, the Knights of Columbus with a budget of 70 BILLION could have a LOT of money to throw around to defeat any campaign same sex marriage supporters might mount to overturn Prop 8 if the California Supreme Court does not. There is no reason to believe they will not do so as they have been involved in all 31 campaigns to defeat same sex marriage.

The people who are supporters of Prop 8 are not going to go away. They are in this thing for the long haul. They will use every dollar they can raise. They will tell every lie or twist any truth they can. They will form any alliance possible to defeat same sex marriage and when they are through with that they will go after domestic partnerships, despite some of their supporters claiming they have no problem with domestic partners as long as it isn't called marriage.

Given the failure on the part of the No On 8 campaign to do proper research, our so-called gay leaders should look very carefully into every aspect of what it would take to mount a ballot campaign to overturn Prop 8 and some of our new activist groups who are going willy-nilly trying to put things on the ballot should probably back off until they can ascertain if they have the resources to mount a creditable campaign.

Will it be enough to hire minority outreach workers? Will it be enough to reach out to "people of faith" in "moderate" denominations despite the fact church going is in a downward plunge here in California. Will we be prepared to answer the attacks that we are out to recruit children, an attack used against us since Anita Bryant days in the late

70s and one we have never adequately answered? Will they get money up front to mount a successful campaign and not wait until a campaign is under way to raise the bulk of the money needed?

Another thing that has bothered me is the failure of anybody in our community to address the question that when the legislature in 1977 changed our non-gender specific marriage laws it was done with animus. According to conversations I have had with former Assembly Member and former U. S. Representative Vic Fazio, one of the few members of the Assembly to vote against the change in the law, the members of the legislature knew the reason this amendment was put forth was to prevent same sex couples from getting married as some county recorders had for seven years been issuing marriage licenses to same sex couple based on the fact the marriage laws were non-gender specific.

Yet, former Governor Jerry Brown and our current Attorney General signed the amendment and basically set in motion the current battle.

I know we can not rewrite history, but what might have happened if Gov. Jerry Brown had the courage to veto the bill and send it back to the legislature with a strong message it should not discriminate against California's gay and lesbian citizens? Maybe it would have made some members think twice and vote against it if it was presented again.

If the members of the legislature knew they were voting to deny marriage to gay and lesbian citizens, surely Jerry Brown knew it too.

Now Jerry Brown wants to be governor again but before he gets any support from our community he owes us an apology for his actions in his previous administration.

Maybe he will do that when he speaks at the upcoming Stonewall 4 Freedoms Award dinner.

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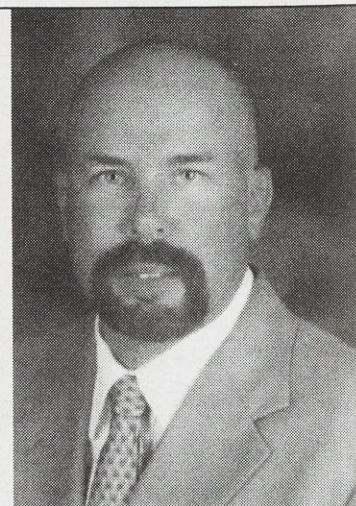
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Networking Coalition In Planning Stages

Representatives of regional LGBT organizations, local activists and community leaders in the greater Sacramento region have begun a series of meetings to form a regional networking coalition.

"After the passage of Prop 8, we realized that our organizations and activists didn't have a good way to communicate with each other," stated Paul Curtis, one of the conveners of these meetings along with Laurie McBride. "There were suddenly new groups springing up, and big gaps in communication among established groups."

The coalition wants to facilitate cooperation and communication on work for LGBT equality and the local, state and federal level. At its most recent meeting, half the time was spent on things like name, structure, and scope of activities (sharing calendars, building awareness and trust among groups, sharing resources).

The other half was devoted to Day of Decision activities (the Day that the California Supreme Court announces its Decision on upholding or repealing Prop 8). "We want everyone working together to make sure we're ready for whatever decision is handed down ... that we have activities in place to express our joy or our disappointment in a safe, responsible way," added Laurie McBride.

For D-Day (Day of Decision) Tina Reynolds, from Equality Action Now, and Bonnie Osborn, from the Gay & Lesbian Center, reported on how they are working together. Once the Supreme Court Decision is released at 10 a.m., activities like sign-making will be available at the Center.

Our community and allies will be encouraged to gather for an initial rally at the Center, followed by a march to the State Capitol, with another rally planned there for the West Steps. "If the decision goes our way, there will be music and general celebration," said Tina Reynolds. "If it does not, we will have speakers as well as an opportunity for people to discuss how they feel. Either way, it's important for our community to have a safe and focused outlet of expression," Reynolds added. The next meeting of the Coalition is set for Thurs., April 2 at the Gay & Lesbian Community Center at 6 p.m.

Sac Valley Knights

Sacramento's Valley Knights Motorcycle club was honored in several categories by the 43rd

Annual Leather Community Awards held at San Francisco's LGBT Community Center. The club won the best people events, best bike events, and best overall run for their annual French Meadows Ride And campout.

According to Gerard Wing, Road Captain for the Knights, "this mountain campout is a test of the clubs ability to provide an enjoyable weekend for guest riders as well as campers. It requires moving massive amounts of food & drink to the beautiful lakeside mountain group campsite." Club treasurer, Earl Grist, points out that winning the best overall run for the last several years forces the club to be on it toes and make plans well in advance.

That is what is happening now. Plans are well along to make the 2009 mountain campout (July 17-19) another winner. The weekend is by advance reservation \$75.00.

Spring activities often dodge rains but plans are in place for the Spring Fluff and Napa valley ride on April 4. Then on April 11 the Valley Knights celebrate their 33rd anniversary at the Bolt with eats and bike events. This is in conjunction with this years' Mr. Bolt competition. Further detailed information is available at the clubs websites at www.myspace.com/ValleyKnightsMC and groups. yahoo.com/group/VKMC/ or by calling the club phone at 455-6540.

Lambda Awards

BY GEORGE RAYA

The Doubletree Hotel played host to 200 attendees of the 17th Annual Lambda Awards, the annual fundraiser for the Sacramento Gay & Lesbian Community Center, is held to celebrate those who support the LGBT community and nurture our community's dream of equality.

A spirited live auction started the festivities. The primary purpose of the evening's event was to raise funds to continue to finance and expand the Center's mental health services program.

Awards were presented to: Wells Fargo; the Sacramento Police Department; the President of the Stonewall Democratic Club, Ed Bennett; community activist Pam Whiteley; for arts and culture, Cheer San Francisco, the LGBT-identified cheerleading team; former State Senator Sheila Kuehl; and youth leader, Montana Skylar Hull. The keynote speaker was Assemblymember John Perez, chair and the Assembly Democratic Caucus and the first LGBT person of color elected to the State Legislature.

When Police Chief Rick Brazier accepted the Building Bridges Award for the Police Department, he was given a standing ovation.

The event raised \$25,000.

Oscar Night® Sac Scores Big Success for AIDS Agencies

BY JOYCE MITCHELL AND
JAMESON MITCHELL

A child impacted by HIV will be guaranteed at least one more counseling session at Sunburst Projects.

A Breaking Barriers and CARES collaborative smoking cessation program for people with HIV/AIDS will receive additional funding.

Earmarked dollars for Harm Reduction Services (HRS) will offset salaries for outreach workers to help slow the spread of the virus among drug users.

And Capital City AIDS Fund's (CCAF) education campaign will be shored up to continue distributing free condoms in gay bars.

These services are able to continue due to the success of CCAF's annual Oscar Night® Sacramento event held Feb. 22 at the Sheraton Grand Ballroom. It's one of a few parties nationwide that is officially sanctioned by the Academy of Motion Pictures Arts and Sciences.

Despite widespread economic hardship, nearly 500 people generously opened their pocket books to purchase tickets and tables in support of the

HIV/AIDS community. "The turnout was amazing," said CCAF President Stuart Eldridge. "Ticket sales initially were a concern because of the recent downturn in the economy. But the fact that so many people showed up makes it clear that Sacramento cares about people in need of help and support."

Guests attending the glamorous event donned their finest attire and walked the red carpet as they entered the ballroom. Once inside, they were greeted by a silent auction that offered fine wines, original art work, Oscar® memorabilia and even tickets to the Ellen Show. According to Libby Parr, Oscar Night® Co-Chair, the silent auction was a huge success. "We made tens of thousands of dollars to distribute to non-profit agencies caring for people infected and affected by HIV/AIDS."

Senate President Pro Tempore Darrell Steinberg, numerous members of the legislature, and Sacramento Mayor Kevin Johnson were also in attendance. "This might have been our best Oscar Night® Sacramento event so far," said Eldridge. "I'm so impressed with the caring and giving attitude of our community."

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BY JENIFFER WERTZ

Destination Sacramento

Vacation, what vacation? Unemployment in California rose to over 10.5% last month, the highest number in more than 25 years. Sacramento was just a little higher than the State average, at 10.7%. Local businesses are closing everywhere you look. We've been making International news for the last couple of weeks because there is a growing homeless population in "Tent City", Sacramento, Ca., U.S.A. If you do still have a job, it's likely that your income is lower, or you are at risk of being laid off. Maybe you are struggling to try and find work, keep your business open, keep your house, or even just buy groceries. If you are one of the lucky ones that is in a position to take a vacation though, where could you go that's better than here? I learned a new word in the last few months, maybe you've heard it. It's called "stay-cation", and it's becoming the latest trend.

I took a walk around the State Capitol a couple of weeks ago. There were a few Japanese tour buses parked out front. Everyone was posing for photos in front of the Capitol steps, making sure to get the dome in the background behind their smiling faces. It is an awesome place even if you live here, but I thought for a minute about how cool it must really be to attract visitors in droves from such far away places. They appeared to be so proud to have made it here. We may not notice it, but we are an International destination.

And there's good reason for that. Maybe I am partial because I am a California native, but I've always thought about California as being one of the coolest places in the world, and the coolest State in the Country. I am

proud of being an American in many ways (at least since we got rid of President Bush and vice President Dick). While we certainly have our problems, many of which I am ashamed of, I am proud of the fact that we are a Nation of immigrants seeking something better, where everyone is free, and where we have so many opportunities, that I think we do take for granted too often. Believe it or not, lots of people throughout the World still look up to us. Sure, there is plenty to complain about, but at least we can complain.

America being a beacon could be a whole other topic (and likely a debate), but when I think about California specifically, certain things randomly come to mind and melt together to form my idea of our California identity in a way, - sunshine, beaches, Hollywood, mountains, sports and entertainment, environmental protection, innovation and technology, universities, culture, and political activism (including gay rights). I think of our State as a leader, with so many attractions and sights to see. I think others do as well, and that's why they come here.

I grew up in Napa, and have never lived more than about 100 miles from San Francisco. I've been plenty of other far away places that were nice to visit, but we really have a better place to live here than anywhere else I've been in my opinion. I have resided in the Bay Area, the Foothills, and the Central Valley, but Sacramento was the best, so I came back and plan to stay this time.

The Wine Country didn't really have a gay community like a more urban area does, it's expensive, and there are less jobs that pay enough to afford the cost of living. San

Francisco and surrounding areas are just too expensive. The Central Valley doesn't really have a gay community, has economic and crime problems, not much to look at, and is lacking in the areas of entertainment and opportunity. The foothills are peaceful and very pretty, but there are not so many jobs, and once again, no real gay community to speak of. Sure there are gay people everywhere, but Sacramento has a gay community that rivals San Francisco, plus we have other things that make it a great place to live.

Our downtown gay area has developed into a pretty cool place to go hang out. "Lavender Heights" has become one of the hippest scenes in town. In fact, I'm not sure why our Mayor as a candidate said he was embarrassed of our downtown. I think downtown Sacramento is pretty nice. Oh yeah, he's homophobic so he probably didn't visit our neighborhood. Moving on though, we are also home to a professional sports franchise, Arco Arena, Cal Expo, an international airport, two major universities, four shopping malls, The Sacramento and American Rivers, and Folsom Lake, just to name a few. Sacramento is an employment center with many large employers; and has urban, suburban, and rural areas to live that are affordable compared to other areas of California. We have great weather, no hurricanes, no real humidity, no real cold weather or snow problems, way less rain than say Seattle, and way less heat than say Phoenix. We have our own great city, but we are also within driving distance of the city of San Francisco, the Coastal Ocean areas, the Sierras, where there are Forests, lakes



and camping in the summer, and snow in the winter with great skiing, Lake Tahoe, Reno, and you can even drive to L.A., Hollywood, or Las Vegas in a day if you really wanted to. All of that combined makes Sacramento a great place for a gay person to live, or even just visit. Gay friendly straight people are also welcome.

So, back to taking a vacation. I have an idea. Pretend you didn't live here or near here, and that you came to visit this area on a vacation, like so many others want to. What would you want to go see? Here's a list of places to go within driving distance, starting from the center:

1. "Lavender Heights" – Sacramento's downtown gay neighborhood, centered around the area of 20th St./ K St. - Clubs, dining, dancing, cocktails, shops, art, culture, and community centers. While you're there, pick up a free copy of Mom Guess What at one of the many outlets. Information can be found at:

- gaysacramento.org
- outsacramento.com

2. The State Capitol – Free daily tours, and if you happen to get lucky you might stumble across a demonstration, or the "Governator". Tour times and other info can be found at:

- capitolmuseum.ca.gov/detail.aspx?content2=2288&content3=1036

3. Historic Old Sacramento – Home of many events including the Jazz Jubilee. Walk around, ride a riverboat, visit the Railroad Museum, take a tour of the tunnels under the city, dine, shop, go to a comedy show, or whatever. There's plenty to do in Old Sacramento. Information can be found at:

- oldsacramento.com

4. Cal Expo – Home of the State Fair, horse racing, and many other events. More info can be found at:

- calexpo.com

5. Arco Arena – Home of the Sacramento Monarchs, the Sacramento Kings, and many concerts and other events. Go Monarchs! More info can be found at:

- arcoarena.com/

6. Folsom Lake/American River bike trails/Lake Natoma/Nimbus Dam/Sacramento State University Aquatic Center—The area between Folsom Lake and Downtown, along the American River and Highway 50 has so many great outdoor and aquatic activities, there is not enough room to list them all. The bike trail around the Folsom Lake Dam and the Rainbow Bridge is of my personal favorite local outdoor places. The scenery is absolutely gorgeous, and it's very accessible for those of us who are mostly city dwellers. Folsom Lake has 10,000 surface acres when full, and 75 miles of shoreline. There's a 32 mile bike trail along the American River, which runs between Folsom Lake and Downtown. You may also be interested in the boating, fishing, camping, sailing, kayaking,

or the fish hatchery. For more info::

- www.trails.com/tcatalog_trail.aspx?trailid=BGS057-026
- www.recreation.gov/recAreaDetails.do?contractCode=NRSO&recAreaId=2280&agencyCode=129
- www.csusaquaticcenter.com
- www.dfg.ca.gov/fish/Hatcheries/Nimbus/index.asp
- www.parks.ca.gov/?page_id=500

Everything mentioned above is within about 30 minutes of downtown Sacramento, but wait, there's more. This is a top 10 list, and I've only listed 6 places so far. While many of you may be from the area and this is probably not news to you, at least it's possibly a reminder, and we may have some out of town readers. So, if you don't mind a little drive:

7. San Francisco! - Home of the Castro, the Golden Gate Bridge, the 49ers, Fisherman's Wharf, and the list goes on and on. If you're gay, you must go to the Castro and see everything. It's our historic place in the world. You can take the BART train from many areas along the way if you don't want to drive in the city traffic or are afraid to get lost (the train actually goes right under the bay in an underwater tunnel). You will be headed to the Market Street station, and it's pretty safe to ask anyone in the City how to get there. You can also get there by Ferry from Vallejo (about 30 miles north of SF), which is kind of fun all by itself, and only takes about 30 minutes. If you chose the Ferry, just drive west on the Tennessee St. exit in Vallejo all the way to the end, go left toward the main part of the marina, and go to the Ferry ticket booth.

For anyone who hasn't ever been to the City, you also can't go wrong with the Fisherman's Wharf area. At Fisherman's wharf you will find a multitude of street artists such as mimes, painters, cartoonists, and musicians (look out for the guy with the branch, you'll remember this and laugh if you see him). You can see the Golden Gate Bridge and Alcatraz right from there. You may want to take a short ferry ride for the Alcatraz tour, or go in the aquarium that hosts all kinds of creatures. Within about a 10 block stretch you will also find Ghirardelli Square (home of the best chocolate milkshakes ever), Pier 39 for shopping and watching and listening to the seals bark at each other, the beach, and oh yes, there is plenty of fresh sourdough, crab, and other seafood everywhere you look.

If you travel north over the Golden Gate Bridge, just on the other side, you will find the small city of Sausalito in Marin County. Sausalito is a little slower paced and less well known, but it has a neighborhood of house boats right on the water that have San Francisco and Alcatraz views. There are many shops and restaurants that are very, shall we say fashionable, but can be pricey. Marin County is a very well to do area. The residents there can be a little uppity, and are very environmentally conscience, so be careful not to litter or anything like that. More information can be found at:

- castrosf.org
- fishermanswharf.org

- sausalito.org

8. Guerneville – The only regular small town I've ever been to where almost everyone is gay. Just continue driving north from the Golden Gate Bridge and Sausalito, along Highway 101, through Marin County, then on to Sonoma County. It's a pretty drive, if there's not too much traffic on Highway 101 (don't do this during traffic times). You'll have to follow the signs and turn west after you get through Santa Rosa, but will be traveling through some vineyards and fruit stand type areas, and it's kind of a country drive that turns into a forest at this point of the trip, so relax. About an hour north of San Francisco you will find this small little hippy town along the Russian River, that looks like a redwood forest. It's about 15 -20 miles from the Ocean as a bonus (Bodega Bay area). The town is only about 10 square blocks, but they have a few restaurants and shops, a post office, bank, video store, gas stations, real estate offices, grocery store, and a couple of bars. There are a few gay resorts for lodging. Most of the town really is gay. The others are all hippies that are so gay friendly I don't think they even notice anymore. You can rent vacation houses, bed and breakfast rooms, cottages, hotel type rooms, or even camp. Guerneville can be very rainy, and is known for flooding, so beware if you are traveling there in the winter. Once in a while the town is host to events and may be booked, but usually there is plenty of lodging otherwise. Because of the seasonal trends there, local gay lodging and other business owners really need our support to keep them in business. Owners try and fail often. More information can be found at:

- guerneville-online.com

9. Wine Country – My stomping ground. I won't go on and on about wine, because to tell you the truth, I don't know that much about wine or wineries. What I will say is that there are two areas that you can travel to from Guerneville on your way home that have so many wineries you wouldn't believe it. I can think of a couple big names like Sebastiani and Kentwood, but I'm really not the right person to ask about wineries.

The first area along the way is Sonoma County, and the other is the Napa Valley, which is a little more out of your way from Guerneville, but maybe even a little closer if you are traveling from Sacramento. From Guerneville, if you go through Santa Rosa to Highway 121 south toward Sonoma, you will see them all, large and small. The Sonoma wineries are a little less touristy, but I think there are more in the Napa Valley area (I counted 344 on the Napa Valley website with the link listed below).

There are also great small craft shops/stands, fruit and vegetable stands, and delicatessens along the way. If you are a NASCAR fan, Infineon Raceway is in the Sonoma County wine area. Continue through Sonoma toward Napa, and go north on Highway 29 to Yountville, St. Helena, and Calistoga, north of Napa, to visit the Napa Valley wine region (it's not really in the City of Napa). In Yountville, you can take off in a hot air balloon over the Valley if you plan ahead and are willing to get up really early.

It's beautiful on a clear day, and if you're

really lucky with the weather, you may even be able to see SF. Farther north in the Calistoga area, you can take a mud bath, go to hot springs, or get a massage. There is also fine dining to be found everywhere, or stop at one of the many wine/bread/cheese type stores and picnic somewhere along the route. There are plenty of places. If you don't want to drive, there is a Wine Train that leaves the city of Napa and will take you through the Valley. It's a luxury train, and they serve food and of course wine on board. More information can be found at:

- sonoma.com/wineries
- nfineonraceway.com
- winetrain.com
- napavintners.com/home/index.asp
- napavalleyballoons.com

10. Lake Tahoe – Last, but not least. Tahoe and Guerneville are the farthest on the list, but both are within about a 2 ½ hour drive. Stop in Placerville (a gold mining town in the foothills that is also known as Hang town) along the way if you want to take it slow. Lake Tahoe is a 39 trillion gallon lake that is about 1,600 ft. deep, located in the Sierras at an elevation of about 6,000 ft. I don't think I've ever seen a lake that was a more beautiful blue color than Lake Tahoe. There are many ski resorts and casinos around the lake. Be careful in the winter if it is snowing as you may need chains for your car to get there. Once there, you are within a short drive to Reno, Nevada, where there are even more casinos.

There is a woman's resort about 2 blocks from the lake that is very private named Holly's place. It's a friendly and cozy place to stay, with about 5 - 6 cabins on the 2 acre lot, surrounded by a fence of stacked firewood. You can rent a large house, or the cutest little romantic cabin you have ever seen. You can help yourself to the video library and watch movies next to a fire, or even borrow a couple of bicycles and take a ride to the lake.

- visitinglaketahoe.com
- hollysplace.com

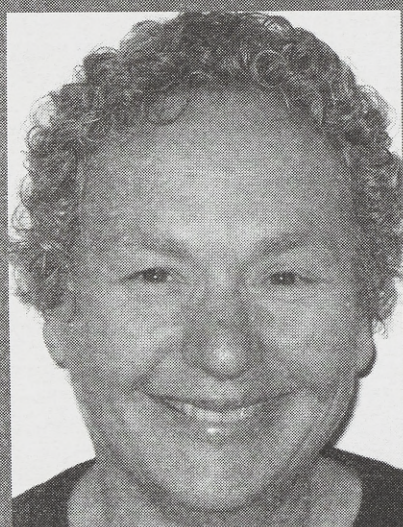
Well, I hope I have given you some ideas of things to do in our local area. Some of them are free or low cost. Sometimes those are the best things of all. For those of you that can still afford vacation, I hope I have convinced you to stay around here and save your money. You could save hundreds, or maybe even thousands of dollars by just appreciating what we have right here. It's good for our local economy, in particular our gay community if you support gay businesses, and maybe you can take a little of the money you saved and donate to the local food bank, AIDS organization, homeless shelter, or other charity of your choice instead. It feels unbelievably good to be kind and help someone else who is in need if we can, and now is a really good time to do that if you have the ability. Less travel is more environmentally friendly. Plus, you will be very trendy by choosing a "stay-cation"!

- sfbs.org
- capcityaidsfund.org
- hud.gov/local/ca/homeless/shelters/sacshelter.cfm



BY JENNY B.

The DOMA Impact and Affordable Recreation



SALLY SHEKLOW LIVES WITH HER WIFE IN EUGENE, OREGON AND DOESN'T TRAVEL MUCH. SEND COMMENTS TO SALLY@WYMPROV.COM

Living in the beautiful, liberal state of California I quite naturally assumed that here I would receive the equal rights that everyone hopes for. Once again, enlightenment has led to disillusionment. I worked for a hospital that provided benefits to domestic partners and their families for eight years, and after moving to be with my partner, I realized not all employers are so generous. Her employer denies health care coverage to gay couples, while providing coverage for couples falling under "common law" marriage, citing the Defense of Marriage Act (DOMA) which states:

No state (or other political subdivision within the United States) need treat a relationship between persons of the same sex as a marriage, even if the relationship is considered a marriage in another state.

The Federal Government may not treat same sex relationships as marriages for any purposes, even if concluded or recognized by one of the states.

This is really Bad News Bears for me. I've always been a bit of a thrill seeker and enjoy contact sports and athletic recreation. When I moved I assumed that with my charming nature and stellar employment history, I would quickly find work and be covered under my own health insurance plan once again (this was one of those afore mentioned enlightenment/disillusionment combos). As the weeks turned into months of applications turned in, followed by automatic generated notes of 'thank you for your interest in our company, if you match what we're currently looking for we will be in contact with you. Please don't respond to this email', my optimism began to waver, as the weight of the current economic crisis started to sink in. Fortunately, my partner and I can survive as a one income household, but the cost of medical coverage for one healthy adult is so outrageous I'm currently boycotting signing up for it. The days of tackle football, snowboarding, scuba diving, etc. will have to be put on the back burner for a while, at least until I find work or suck it up and pay the fees for health care

coverage.

On the Bright side, all this additional time with myself has taught me how to do a lot, while spending a little. I've completely kicked my Starbucks latte a day addiction, now grinding and brewing at home. I've found that the public library can be a place of refuge, and that books can offer glimpses into other time periods of suffering and beauty, to provide hope for a more brilliant tomorrow. The library also has an enormous selection of Independent and Foreign films, available at much cheaper prices than Blockbuster and Hollywood. I'm now emulating the penny pinchers of my childhood, one of whom (my dad) is relishing in the new position of advisor. I search through all the grocery ads on Tuesday for the best deals, and collect coupons in preparation for weekly shopping trips. It's a much more strategic affair now, no more compulsive, haphazard, throw whatever's clever in the cart approach. More and more meals are made at home, and the few times a month we do go out now seem more like an event, something to be enjoyed and appreciated, rather than just the next spot to grab a bite. Weekends are spent exploring local treasures now, and fortunately in San Pedro, there are many to be found. I've discovered the South Coast Botanical Gardens in Torrance, where acres of gardens are designed from templates all over the world. It's a truly serene place, perfect for a book, a snack, and a journal. The Royal Palms tide pools in San Pedro offer hours of fun, for free of course. There is tons of sea life to be found there, anemones, star fish, urchins, sea cucumbers, and many other beautiful life forms that I'm sure have names, I just don't know them. There are parks offering breathtaking views of Catalina Island, downtown LA and downtown Long Beach. There are daily whale watching cruises and trips to Catalina. I've found that a couple of hours on the coast have the power to diminish daily fears and insecurities, while reaffirming belief in God and in the masterful plan of creation.

The most rewarding discovery I've made

thus far, is the benefits received during the simple act of volunteering in the community. I've found a way to keep myself occupied, while enriching the lives of other in the process, what a bonus! Rather than sitting in a dark house feeling rejected by potential employers, mindlessly zoning out in front of the TV, grazing on sugary snack foods, I can go out and contribute my time and energy to a project with meaning and purpose. This has been a total blessing. I started volunteering at a hospital with the hopes of establishing contacts within the community to find a job, and what I found was how rewarding it is to do something for someone, without a financial incentive. Though I'm still looking for work, I now want to continue volunteering as a way to guarantee my happiness and sense of accomplishment and importance in life. Seeking meaning and purpose in life is a concept everyone is familiar with, especially during times of hardship and uncertainty. Of course there is no easy solution or answer (hence the multi-million dollar industry of self-help books) but there are sure fire ways to boost our sense of self worth and accomplishment. For years I've heard how important is to give and that giving is better than receiving. Religions and institutions encourage tithing and volunteering time as ways of giving back, for what has been freely given. Most times I felt like I didn't have enough to give back, and my time was more precious than gold, and spread thinner than fragile ice already. Now I know that those were hollow excuses, and that it really doesn't hurt to give. In fact, it is quite easy and incredibly rewarding. Seems this is just another life lesson received, free of charge, from the lesson abundant Universe. At this rate, I'll save thousands in mid-life crisis counseling fees.

Send comments or questions to womensvoices@momguesswhat.com.

Friendly Skies: How to make your connection

Ever notice how hard it is to find the LGBTQ people in airports? Air travel sure throws my gaydar all out of whack. Homo-looking guys turn out to be het men who've been Queer-eyed. Sauntering women with dykey haircuts are just Canadian.

The moving walkway carries me past unidentified strangers to my connecting flight. At least I see my people on TV—in all the waiting areas every newscast blares some same-sex marriage-related story. Go team.

I haven't eaten since dinner last night and am looking forward to some good old airplane food. Flying across time zones they usually manage to have you in the air between meals. But this flight takes four hours and no matter how you slice it, includes lunch time.

I've still got an hour's wait. An airport gift shop/newsstand is selling single pieces of fruit—the only living food on site—for a dollar seventy-five. The apples are so shiny even Snow White would be suspicious. I pass, but salivate a little anyway.

Eventually I board, find my aisle seat, and buckle in. Our flight attendant is very faggy. The straight men who work in this swishy profession always act extra macho to defy the stereotype, but this guy is a total queen. If feather boas were part of the allowable flight attendant uniform, he'd be flouncing one across his

shoulder while he reminds you to stow that bag completely under the seat in front of you, Mary.

Thank God(dess) another member of my tribe is onboard. If I can make contact he might slip me a packet of snack mix before takeoff. That would hold me until lunch. Then we get the bad news—no food. Airlines no longer offer in-flight meals. Who knew? On this seventeen-hundred mile flight they don't even serve pretzels. My belly gurgles disappointment.

We're told we can purchase a restaurant quality sandwich or salad for ten dollars. The nerve. I do not have an extra ten dollars to spend on what's supposed be included in the deal.

It's the principle of the thing. Airline meals are part of our culture. You can't change the rules. It's unnatural. It goes against tradition. Even the bible says "Let all who are hungry come and eat." Where's the constitutional amendment codifying the institution of air travel as a sacred union between one person and one meal? (Rumor has it a few renegade airlines follow a higher law and issue meals anyway.)

Why should I have to pay for airplane food—something first class passengers take for granted? It's not fair that some of us are treated as second class. Unequal. Under less famished conditions I'd raise hell, but there's no fight in me. I'm too hungry. I will have to tough it out.

The crew closes the hatch and we are sealed into the oxygen deprivation chamber, aka the cabin. Nice word choice, but this cabin has no burbling brook nearby. No fireplace. Not even a moosehead, although some of us passengers could pass for dead animals, we're so lifeless from breathing recirculated jet fuel fumes.

The flight attendant sashays down the aisle checking seatbelts. I try to send him homo vibes.

After takeoff, I open my tray table and set out my travel journal, my wedding photo on the cover. Miss Thang rolls by with his beverage cart. I make a point of glancing at the portrait of Wifey and me, and then up at him, flashing my best We Are Fam-i-ly smile. My stomach growls, but you can't hear it over the engine noise. Apparently I've made contact. "Are you hungry?"

I nod with my sincerest LGBTQ-solidarity look.

He leans in close, "I'll see if we can get you something—don't tell anybody." At last, I get to cash in on those special rights we've heard so much about. Other passengers don't know I didn't pay, like they did. Flyboy serves my food with a conspiratorial wink.

I'm happy—in a carbon monoxide kind of way—all the way home.

I had the opportunity recently to go on what I call the cruise of a lifetime. I say that because a group of my dearest friends dared to dream, created a plan, and somehow we all made it happen. Now, this is not an easy feat for 10 women to all agree on a destination, all get the same time off work, and then actually all make it to the cruise terminal together. An adventure of sorts had begun, and as we reluctantly realized that the world would go on without us, we let go of our daily responsibilities, and we were on our way to a wicked adventure.

We decided early on that we would book our cruise with Olivia, the all women, lesbian cruise line. Sure, it is pricey compared to other cruises going to the same ports, but we wanted to be amongst our own and feel completely comfortable on our trip. The Olivia staff was extremely helpful and found us all rooms next to one another. Another awesome feature that Olivia offers on their web site is a mini face-book of sorts that offers your cruise group to chat with other ladies sharing the same vacation before the cruise has begun. It is very easy to make several new friends before stepping foot on the ship. It was amazing just how excited all the women were about going on this cruise and the adrenaline continued to build amongst us strangers for months until we all chatted off our quick departure and "how will we find you?" We decided to wear funny hats when we got on board and to meet up on the lido deck.

Our group decided to add even more adventure to this trip by driving down together in one of our friends 1970's Winnebago. So after our handyman girl settled in to all of the necessary repairs, which were many! The bus was ready to roll the night before take off. We kept the thought of overheating, while climbing the Grapevine, at bay as we loaded the 20 or so huge bags of luggage; mine of course full of wigs & boas, into our rig at four in the morning. Armed with coffee and two full tanks, we headed off to never, never land leaving our jobs and families behind for some serious fun.

What's great about an RV is the fact that those on board, except for the driver can have a few cocktails and even dance. So as we blared our awesome 80's tunes, we rolled down the empty, dark highway wondering what lay ahead of us. Just what were we getting into? After all these gals were not just any women picked off for a trip, these were old time friends, a group that had known each other for over 10 years. This was the group who has gotten into more than their share of mischief together and this could actually be dangerously fun!

The planning involved months of preparation and of course the Pre-cruise get-togethers, or parties, were mandatory. The excitement of this trip was like none other. We made special shirts with the whole group gathered together and plastered on the front; we planned excursions, and even what we like to call an incursion.... The Wine Crawl! The wine crawl was a special event that would bring us all together to meet up with other women who we met via the Olivia web site.

Now, drinking can get mighty expensive on any cruise especially when you are signing bar tabs all week as most cruise lines don't allow you to use actual cash while purchasing anything on board. One thing that many people don't realize when going on a

cruise is that you can actually take wine and champagne on board most cruise lines and ours was no exception. So when we called to inquire about this delightful news, we asked how many bottles were allowed per person. "As many as you can carry aboard" was the amazing answer! "I'm sorry, could you repeat that please?" OK, so most of our friends enjoy a good Merlot. The news was met with devilish grins, and of course we felt compelled to share this news with our new internet friends via the Olivia cruise chat portal. Alas the Wine Crawl was born.

So just how many wine bottles can ten gals carry aboard a ship? The numbers would astound you, and we were loaded. We huddled around our cargo and took breaks as we labored across the street to the cruise terminal. Sure there were a few stares, but I am guessing these were all in envy. We were comforted as we drew closer and saw a few, and then more & more Wine girls waiting in line. We exchanged all-knowing nods and smiles realizing these must be our new friends.

Once on board the ship, we found our way to our rooms. The cabin was exceptional, the largest room I have ever shared aboard any other ship. It had a huge balcony, bathtub and shower and a bar to store all of our wine. This was awesome indeed! This first night was Wine Crawl night and this is how it worked ... before leaving home we set up a list of cabins, one on each floor, that were willing to open up for drinks. Then we pasted the list on the door of each cabin involved to remind everyone what room was "next". We started on the bottom floor of the ship and worked our way up, with the last room being ours. By the time we made it up to the top floor, everyone was a bit tipsy and we had cheese, crackers and fruit, which you can order ahead of time for free and have it waiting in your cabin. It was a wonderful way

to meet people from all over the world on the first night. The last stop, if you could make it was the Crow's Nest for some dancing.

Throughout the cruise we stopped at several lovely ports in Mexico, however it was the actual cruise itself that made the trip so special. The Olivia staff was all very friendly and helpful. This cruise was not stuffy. There was room for everyone, all shapes and styles. You could get decked out to the nines or where a tee shirt and shorts. We even wore our pajamas on deck to watch the glorious sun rise together, running down the halls knocking on each other's doors like silly school girls. The entertainment was fabulous and there was so much to do. However, it was the women on board this trip that made the cruise so special. Much to my surprise, there was no drama and everyone seemed like they were there to have a great time and relax. I felt like a kid aboard as my responsibilities quickly melted away. I laughed so much and so hard. I know how difficult it can be to get the old gang together all at once and for an entire week was unheard of. Life can wash over you like a surfer's dream, but we rode that wave like pros and I will never forget this vacation with my peeps as it was truly one of the best I've ever enjoyed. As we departed the ship, we waved to those newly found friends we may never meet again and once more felt an overwhelming sadness as we realized it was over. We silently said goodbye to our inner child, reassuring ourselves that we would return, and slowly walked to our rig. Ah, but the memories that remain, and still make us laugh out loud, shall be cherished forever. So, remember ladies ... someday will be today soon enough, and now will be back then.

Send comments or questions to womensvoices@momguesswhat.com.



BY NIKKI

Wine Crawlin' On The Mexican Riviera



Every few months my dear friend PJ, (who prefers to be called "Diva") and I meet for lunch in the Sacramento region. It's half way between her home in the foothills and my home in the San Joaquin Valley. Besides being centrally located, Sacramento has an abundance of great restaurants and a multitude of cuisines. Lunches take place in our favorite restaurants, the tried and true places that we depend on. Restaurants change fast in many aspects, quality, quantity, service, and life expectancy. Trying to please two very distinct and different palates presents problems, so when a place strikes our fancy, we frequent it often. For our last lunch I called and asked Diva if she would mind trying a new place in Sacramento called Sarus. "What is a Sarus?" was her response. I told her it was a new restaurant in midtown specializing in Vietnamese and Chinese cuisine. The Diva agreed and with her approval that's where we dined.

Tria, who also was our server, warmly greeted us at the door. Both Diva and I noticed right away that the restaurant was very clean and welcoming. We asked to be sat near the window so we could people watch and assume our normal roles of "fashion police" since we both work in Law Enforcement (we give imaginary citations to many).

Tria brought menus to our table and took our drink order. The restaurant currently only has a beer and wine license, but they also offer soft drinks, fresh lemonade, Vietnamese Iced Coffees, Teas of many flavors, and many unique milk shakes. I ordered a cold soda and Diva ordered the restaurants iced tea. Throughout our entire meal I had to hear how delicious the house iced tea was and poor Tria graciously refilled Diva's glass 5-6 times. You would have thought she was a Camel with as much as she was drinking, but she could not get over the unique and tasty flavor of the tea. If you're into tea, you should try it based on her mass consumption. My soda was perfect by the way.

We felt a bit awkward ordering Vietnamese; only as we both soon learned neither of us had ever had Vietnamese food. Tria persuaded us to try a Vietnamese appetizer called Nem Nuong. When the appetizer was presented both Diva and I commented on how beautiful it was. Tria brought several dipping sauces to the table and explained each one. Nem Nuong is an appetizer of fresh vegetables including carrots, cucumber, lettuce, mint, cilantro, and grilled pork rolled in a rice wrap. It was Delicious with a capital "D"! Sarus had me at first bite!

For our entrees each of us ordered

something different. I ordered the Mandarin Chicken, which was white chicken meat delicately, battered and fried. It has a spicy sauce on it, but not overly sauced. Diva ordered Honey Walnut Shrimp. Words fail me on this dish. It was perfect. Huge shrimp battered and fried in a light sauce with toasted honey covered walnuts and slices of pineapple. Both dishes came with an order of rice. The need for any sauces of any kind did not exist, however the table did have several if you are so inclined. The dishes are perfect as they are presented.

Upon arrival of both dishes Diva commented, "Oh look at the plates of beautiful food". She was right; the presentation of each item was lovely.

Midway through our meal, Dawn Nhan the owner of the establishment came over to check on us. I am sure she could hear the moans from our table and my snapping pictures of the food caused attention. She asked if we would be interested in trying an authentic Vietnamese dish called Bun Tom Thit Nuong Cha Gio. We didn't have to think and just nodded "yes". The aroma of the dish arrived prior to the dish being sat down at the table. It was a stunning dish and Dawn says the most popular on her menu. I can only describe it as a tossed Vietnamese salad that arrives untossed for presentation. The large bowl has sections of grilled shrimp, grilled pork, salad, browned garlic, and scallions, resting on a bed of rice noodles. It arrives with several sauces so that you can create a "salad dressing" of sorts to pour over and then mix. The dish was outstanding. I know

why it is a favorite among those that have tried it. So that you don't have to scare the server with your mispronunciation, just order # 14, you won't be disappointed.

Dawn checked on us several times throughout our meal and was so happy to see us enjoying her food. She has worked with the chefs and taught them her family's recipes. The entire operation is run with family and friends, which is reflected in the dishes and service we received.

Sharing ones passion is a great gift for both the giver and the receiver and Dawn enjoys her newfound friends (customers) and loves for them to experience the food of her heritage. I asked how she would describe Vietnamese food to those that had not experienced it, she simply stated that it is clean, fresh, not oily and from the heart.

As we left, Diva thanked both Tria and Dawn and stated we would be back. She is right; it's now on the list as a "tried and true" lunch spot.

Sarus offers clean, fresh, food from the heart. Go there and go often. In these economic times it's important to receive your dollars worth and at Sarus you will receive that and more. It's also important to support those restaurants and businesses in our community that support us. Sarus is one of those. They are open until 2 a.m. on Saturday nights, so that after you have danced to your hearts content, before heading home you can grab some great food.



REVIEW & PHOTOS BY
ROBERT APPLIGATE

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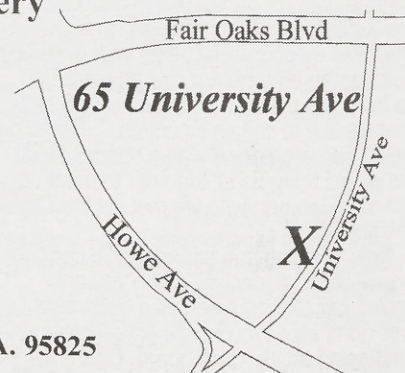
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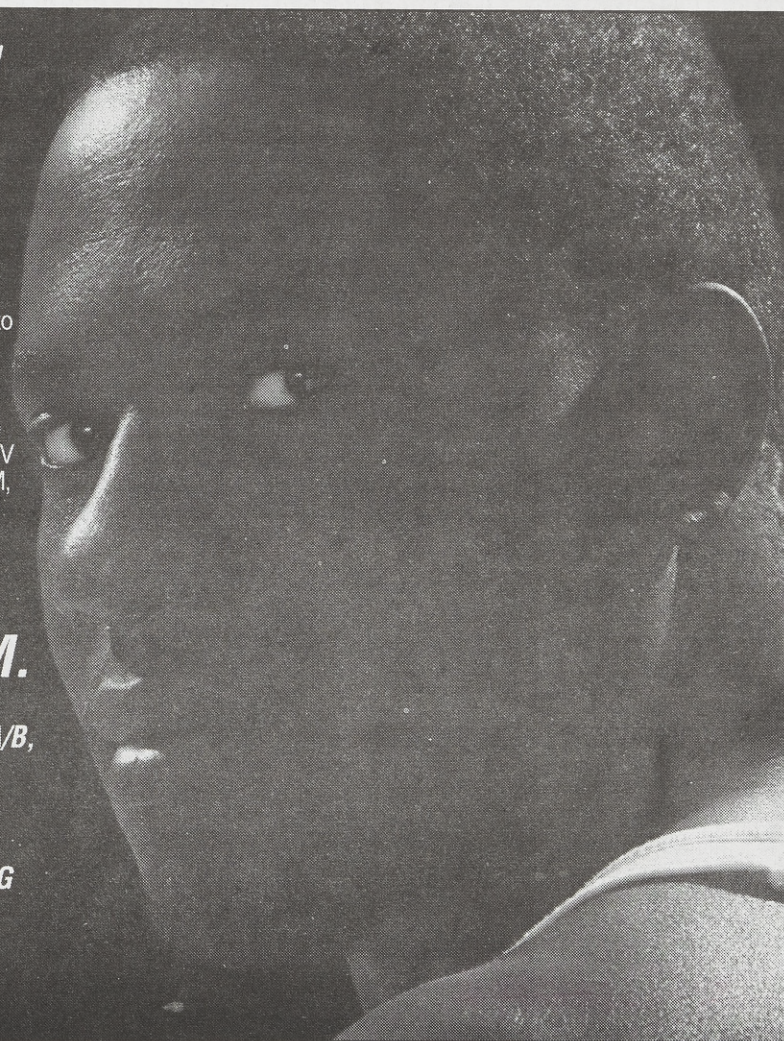
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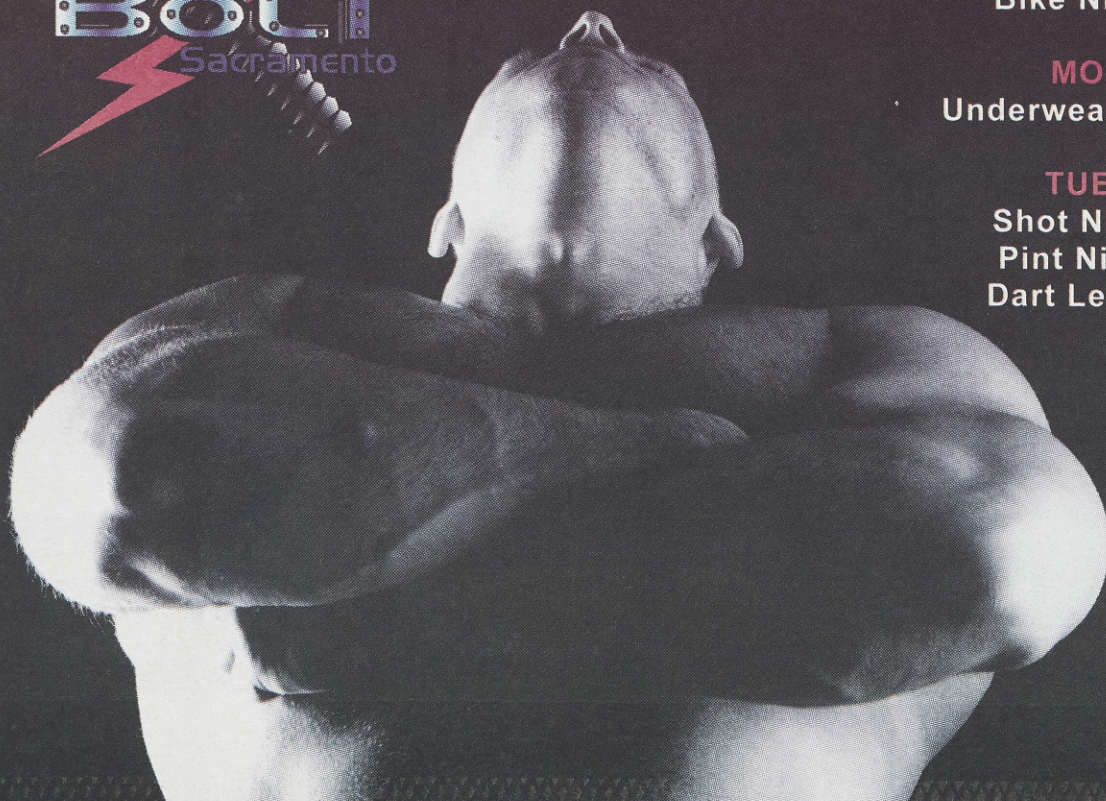
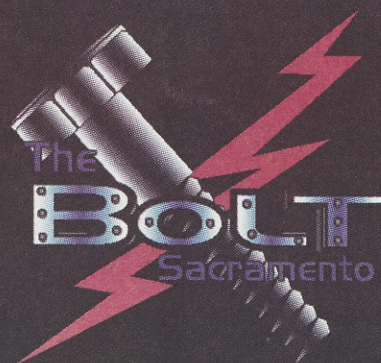
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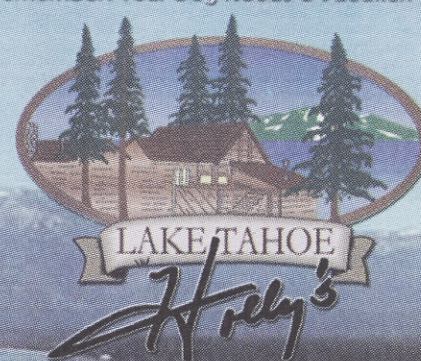
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BY JOSEPH D. MADL

Montana Vacation

**Real Men Wear Makeup
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At least, that's true in Montana. Most communities in Montana have a rodeo at least once every summer for those who have a hankering for a good time. From county to county, you are enticed to ride along and uncover all the wild and woolly spots along the way. When it comes to Montana, the fun doesn't stop at the rodeo.

Often described as if Montana were actually two states made up of the eastern prairies and the western mountains, it's the sense of unspoiled grandeur that unites Montana's six regions. Charming little towns, friendly locals and all those unexpected moments in-between are sure to fill your visit to America's finest example of the living Wild West.

Montana's westernmost region is where grand landscapes reside alongside small town hospitality. Thanks to glacier-scarred peaks, wildflower fields and alpine lakes, this region is often considered Montana's finest. But it's the region's other natural features such as cherry orchards, farmers' markets and a splashy arts scene that makes it so alluring to travelers from all over.

The "Russell Country" region in north central Montana has the best of both worlds. Breathtaking mountains rise up from the surrounding prairies giving way to the wild and scenic Missouri, endless wildlife viewing opportunities and unexpected detours that lead to plenty of worthy diversions. Named for the cowboy artist who captured it all on canvas, Charlie Russell, this region will capture you as well. The way of life depicted in Russell's art is now gone, but the landscape remains much the same as it was in his time. The mountains and rivers of his paintings are still ready to explore and enjoy.

Montana's northwest corner pays homage

to the great American road trip. This vast region's two-lane highways contain Charles M. Russell Wildlife Refuge's 1,100,000 acres, the homelands of three Native American tribes and some of the state's best fishing in Fort Peck Reservoir. Though many argue the main attraction here is the trip itself, this unspoiled land offers a fantastic getaway for those who truly enjoy the outdoors and have a spirit of adventure. Antelope, white tail and mule deer, elk, turkey and other game keep the hunters busy while fisherman go casting for walleye, small-mouth bass, ling and Chinook salmon. It's also an historic place where you can follow the trail of Lewis & Clark and maybe even stumble upon a world-class dinosaur fossil.

The southwestern part of Montana is blessed with large agricultural valleys

ringed by snow-capped mountains, some of Montana's finest trout fishing and a mother lode of history. While the mining spirit lives on, today's visitors mine the area not just for colorful history, but also for spectacular scenery and recreational opportunities. The Pintler Scenic Route and Gates of the Mountains are just a few of those getaways. Conveniently located between Glacier National Park and Yellowstone National Park, this region is a great place to stop and experience what life in Montana was, is and will be.

For a real treat, take bison, geysers, wolves and grizzlies. Add in four destination ski resorts, world-class fishing, the world's first national park and you'll fully understand why there's no place in the world quite like the Yellowstone region in Montana. Located in south central Montana, this region offers three entrances to Yellowstone Park, the incredible Beartooth Highway, an unbeatable combination of rugged mountains and large, open spaces, and dozens of unique, individual communities. Here, you can fish a major river or countless Yellowstone tributaries, hike or bike or ride an ATV to explore a mountain trail, ride a whitewater raft down a roaring river or try an exciting horseback adventure. In winter, enter the mystical world of Yellowstone Park recreation with a Park snowcoach or snowmobile tour, enjoy the thrill of world-class downhill skiing or the quiet side of a cross-country trail.

Montana's southeast corner is one of its finest secrets. It is rich with the history of America's last frontier in places such as the Little Bighorn Battlefield, Pompey's Pillar, Makoshika State Park and the world-famous Bucking Horse Sale in Miles City. But it's the region's friendly locals that will bring you back time and again.

From Augusta to Wolfe Point, whether traveling in a pickup, sedan or comfy R.V. with all the amenities of home, travelers will find a story around every corner in Montana. It could happen as you're taking in a local event, hiking a Yellowstone National Park trail or driving along Glacier National Park's Going-to-the-Sun Road. Or, perhaps it's while you're hearing about a favorite fishing hole from a local and savoring a Montana-grown meal or is centered around that little treasure you discovered in a local antique store. Whatever your story will be, it will be one you will never forget when you return home from your trip through Montana!



Hello friends and family, I am back from the dead. What a exciting and exhausting month March was for me

I work at FACES Nightclub as the MC of the infamous drag show "Dragalicious" (every Sunday, 9 p.m.). A few weeks ago Comcast and LOGO came to FACES to video tape footage of our amazing drag show. It was a bit nerve-wracking at first when I got to the club. I was a bit nervous but I thought to myself, "Hell, I am a professional and I love to be in the spotlight! So shine, Bitch, shine!" And that's I did! It was a fabulous evening with all my girls in the show who brought it big time for the camera.

I am happy to announce a new cast member who has had the crowd in awe every Sunday night. "Miss Mahlae, who is a 21-year-old young Spring Chicken who brings a lot of energy to the stage.

Last month I took a trip to my parents house after two months and stayed for a four day vacation. I swear, every time I go to my parents house I gain ten pounds! The first day I arrived, my mother asked me if I wanted to go to Sizzler. I cannot turn down food! So up I went and gorged on a steak and shrimp platter. The next day we went to a Chinese buffet and the day after a regular restaurant.

My father has lost his sight and as I sat across from him in the restaurant, watching him get frustrated trying to cut his steak, I began feeling sad. I cut his steak for him as the realization set in that the time has come that my father needs someone to help him eat. Feeling powerless, it kills him to not being able to do things around the house anymore. My mother is also having ill health. Though I hate watching my parents going through this stage in their lives, I know it will happen to all of us as we get older. It makes me remember to cherish every moment we are together and if any readers are in similar situations, I encourage you to give your parents a call just, even if just to talk about the weather.

My mother and I watched a lot of movies including *Milk* with Sean Penn and wow, was it a great movie! I couldn't believe that my mother knew so much about Harvey Milk and the man that killed him, Dan White. My mother is 73 years of age and has seen it all. I also watched *The Boy With The Striped Pajamas* which led me to tears, especially at the end when the little boy got killed accidentally in the gas chambers from the Nazis. Another movie I watched was *Australia* which I thought I wasn't going to like, it but really enjoyed it.

After spending the time with my parents I drove a little down south to Bakersfield where I stayed at my drag daughter Candy Moore's house. I am the mother of many drag children whom I have mothered throughout the years. In drag 'houses' and 'families', the leader, or 'mother', often provided not only the opportunity for parties but also instruction and mentoring in the arts of make-up, selecting clothes, lip-synching, portraying a personality, walking, and related skills. Those taught became 'drag daughters', who in turn mentor others, creating entire 'drag families'. Drag houses became the first social support groups in the city's gay and lesbian community. As a drag mother of the "House of Moore", I help new female impersonators get started and show them the way to become fabulous entertainers. I also watch out for them and show them the do's and



don'ts of drag.

A lot of new comers need help to get going in the right direction when they first start doing drag or become apart of the gay scene—that is where a mother steps in. I have many children around the U.S. There are also a lot of gay boys and girls who are barely out in the gay scene who want a house mother to have someone watch over them when their own parents don't accept them as a gay individual. I give them the strength and the courage to be who they want to be and love them as they should be loved.

Just like in every family there are good kids and bad kids. Some kids have stolen from me and done hateful things behind my back. But I still enjoy being a drag mother and grandmother. I am extremely proud of my gay family!

When I got to Bakersfield, I spent the whole day shopping—and of course eating—and watching drag pageants.

The next day we prepared for my daughter's drag show who hosts "The Moore Show" at the Element Lounge. I was stunned to find she had arranged a special show in my honor. I performed a Tina Turner medley and a Celine Dion song and the crowd just ate me up. I had a fabulous time that night.

Well the night wasn't over yet—after the show about 30 people from the club came back to the house for an after-hours party till about 5 a.m. Wow, those Bakersfield people can party! The next morning it was a four hour drive back to Sacramento for the Sunday night show.

Tired or not, I love my audience and the show must go on! After a good night of rest it was back to FACES Rupaul's Drag Race which I host on Monday Nights at 9 p.m. I have been resting ever since.

This week I came home I noticed a small puddle of water on my livingroom floor, my

first thought was, "that darn dog!" As I walked into my bedroom the entire floor was soaking wet and I was furious! I started to scream when I realized that my drag closet was also wet! I grabbed every towel and borrowed five fans from neighbors. I gathered the many dresses and costumes that got wet in the mini flood and hung them outside—I swear, it looked like I was having a lavish yard sale.

My broken toilet is finally fixed, but my closet and bedroom looks like a tornado hit! But, in the end, maybe it was a good thing this happened, because now my floors are shiny as hell and my drag closet will be spotless again!

Remember, you can see me live every Sunday night at 9 p.m. hosting "Dragalicious", the fiercest drag show in Sacramento at FACES Nightclub. See you there!

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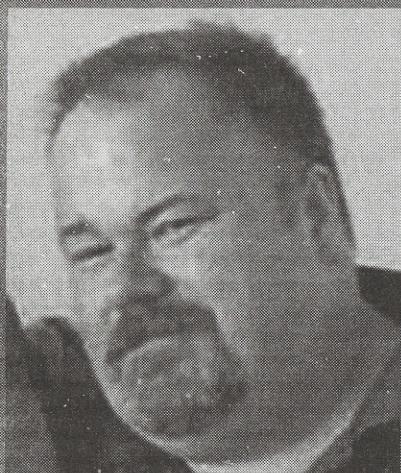
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TOM SWANNER HAS BEEN A FILM REVIEWER FOR 10+ YEARS. HE LIVES IN SACRAMENTO WITH HIS 25-YEAR-OLD BOYFRIEND SEAN AND THEIR GROSSLY OBESE DAUGHTER (READ DOG) "HONEY".



BRIAN JUDD HAS BEEN A FILM REVIEWER FOR 6 YEARS. HE LIVES IN SMALL APARTMENT WHERE A PORTRAIT OF ANITA BRYANT HANGS OVER HIS BED SO HE CAN POINT AT HER AND LAUGH DAILY. HE IS ALONE AND BITTER AND LIKES IT THAT WAY.

Swanner & Judd

SWANNERANDJUDD.COM

I LOVE YOU, MAN

Swanner: Ever since i saw the preview, i've been wanting to see I Love You, Man which is the new Paul Rudd movie. The preview was very funny about a man (Rudd) who has just become engaged and overhears his fiancé and her friends talking about how he has no male friends and that means no best man. So Judd's journey is to find a best "male" friend to round out his almost perfect existence.

Judd: I have to admit i was taken back when i realized that this wasn't a Judd Apatow production. I mean it had Paul Rudd in it and he must be under contract to Apatow, he even showed up in Forgetting Sarah Marshall and the surf instructor. It turns out the director is the screenwriter of Meet The Fockers franchise John Hamburg.

Swanner: I didn't realize it till the closing credits. It had all the same humor so i was pretty shocked...but pleasantly shocked. This gives me so much hope that comedies are well on their way back. It was also nice to see an "R" rated comedy.

Judd: The reason you didn't know is that you don't research your movies before the screenings. It shows a lack of professionalism but then again with you're advanced age i guess it's expectable. I do like the adult oriented comedies as well. Why do you have to make a movie appropriate for a 13 that has to do with a late 30's man finding male friends? You don't so why does Hollywood insist on making that are PG-13?

Swanner: Box Office?

Judd: Of course they do it for the box office fatty, it was rhetorical. It's like making a G rated Holocaust movie, it's ridiculous but then Hollywood isn't known for it's smart choices. It was also nice to see Jason Segal (Forgetting Sarah Marshall) in another leading role. He's not a great looking guy but he knows how to work the humor out of a the script and if you remember him in Forgetting Sarah Marshall then you'll realize why the blue man in Watchmen was so familiar. Rudd's fiancé (Rashida Jones) was fine in the role but basically forgettable. It might have been that Rudd and Jamie Pressly (her girl pal) dominate every scene they share.

Swanner: Pressly was really good. Her and her on-screen husband Jon Favreau are hysterical with their example of a bad marriage. I also loved seeing Jane Curtain and J.K. Simmon, they did a nice job as Rudd's parents. Andy Samberg rounds out the cast as Rudd's gay brother who gives him tips on how to find a man. I found myself laughing far into the next scenes and missing a lot of dialog so i will want to see it on DVD but you should really see it in the theatre cause there is really nothing like 500 people all laughing at the same time.

Judd: I'm glad you have such a good time with 500 rude people. People were talking all around me. It's not that i'm a prude but do i really need to have a blow by blow announcement about every nuance the movie reveals. Give me my big screen flat panel and surround sound and talking Tina and her trailer park husband can share the obvious with the audience sitting around them.

Swanner: I'm certainly looking forward to seeing the movie again. The script is smart and funny with enough crude moments to

validate my funny bone. There is a vomit scene that is right up there with the best. Rudd and Segal really have great chemistry together so i'd expect to see these two crossing paths again.

Swanner: 3 1/2 Stars
Judd: 3 1/2 Stars

I LOVE YOU, MAN

Swanner: Last weekend i got to see the new DreamWorks movie called Monsters vs Aliens. It's an animated film about a woman who gets hit by a meteorite that makes her grow to be 49 feet high. Now that she's a giant she is taken to a secret government compound where they have been collecting monsters for years. There is Dr. Cockroach (The Fly), the missing link (Creature from the Black Lagoon), BOB (Blob) and a large grub that has a name but i can't remember it. Immediately i realized these monsters were a salute to the monsters of 50's and 60's sci-fi movies.

Judd: Immediately? So the long term memory is still holding...good for you. You forgot to mention that this film is available to see in 3D which was first introduced during the 50's as a way of bring TV audiences back to the movie houses. The difference here is that this is not your grandparents 3D (or in Tom's case, his parents) The technology has evolved to a very real art form. Director's Rob Letterman (Shark Tale) and Conrad Vernon (Shrek 2) push the envelope by not only producing a very funny movie for both kids and adults but a sci-fi action feature that will leave audiences mesmerized with where they have taken the genre.

Swanner: The cast of voices are also impressive. Reese Witherspoon, Hugh Laurie, Will Arnett and the always adorable Seth Rogan make up the voices of the monsters. There is no voice credit for the grub since he is suppose to be "Mothra", from

the old Japanese sci-fi, and Mothra never spoke.

Judd: Seth Rogan plays BOB which is a take off of the Blob, the blob didn't speak so your point is pointless now isn't it?

Swanner: The cast is also voiced by Paul Rudd, Rain Wilson, Kiefer Sutherland and Steven Colbert just to name a few more. I was really blown away. I found myself as mesmerized as everyone else in the audience. The 3D is really amazing but the movie is still entertaining without the special 3D techniques.

Judd: I hope you're right there. With the 3D as amazing as it was it's just can't be the same in regular 2D, not to mention we saw it in IMAX 3D. I do think it's a solid story and the characters are fleshed out well but i don't know if i want to see it again without the amazing 3D effects. It's like staying at a four star hotel and then made to stay at Motel 6. It's not that the Motel 6 is a terrible place, i've just been spoiled.

Swanner: That is a very good point. I'm thinking about going back to the IMAX when it opens to get another fix. I think i missed a lot of the actual story just trying to take it all in. The action sequence on the Golden Gate Bridge was spectacular and scenes inside the spaceship were very cool. You have to admit that Seth Rogan really steals the show. The comedy with the BOB character was some of the funniest in the show.

Judd: Yes, they made the fat guy play the Blob...brilliant casting. I'm not sure why DreamWorks is releasing this film in March but after all the crap that came to theatres earlier in this year...it's a pleasure to see an animated film this well done without it being summer.

I just hope this means we're on our way for a banner year for film but i'm not holding my breath.

Judd: 3 1/2 Stars
Swanner: 4 Stars



Sometimes the stars seem to align just right in the heavens and you get to go to Blue Sky Day Spa.

I was just coming off a seven-week bout of bronchitis and was feeling pretty punk when I dragged my sorry self into Blue Sky Day Spa at 4250 J Street at 10 a.m. last week. The "powers that be" at the paper were obviously hoping that Blue Sky would be a good "stay-cation" for me and perhaps effect an attitude adjustment and get me back to work.

Parking was easy and ample in the rear parking lot and a little path through the hedge brought me around to the front of the building. It looks like something built by Japanese hobbits, cottage-y and cute. However, as cranky and ache-y as I was feeling, I turned down immediate offers for coffee and repressed a request for a Mojito with a martini chaser so I could just go back to sleep. Instead I received a questionnaire that was more thorough than the one in my doctor's office. Very good, very personalized to the clients' specific needs. (A request for your e-mail address means you will receive coupons for various services at much reduced rates — a great incentive to take care of yourself in these stressful days).

I was then greeted by my body guide, Rakhil Khabinsky, a nurturing, earth mother woman, who cheerily escorted me to a dressing room, said, "take off ALL your clothes," gave me some pebbly-on-the-sole slippers and a voluminous, cloud-soft robe and a locker key and left. Oh my God, I was gonna have to get nekkid! I figured the hell with it, I could sleep through this assignment and not even notice. Hoo boy! Was I wrong. Rakhil had decided that I needed to experience the Champagne and Roses Butter Cream Body Treatment which is on special. I was scrubbed with sugar and some magic potion and felt warm and scrubbed and clean and light all at the same time. Luxurious! Rakhil told me that scrubs with sugar are good for smoothing the skin and making it soft and supple. The salt scrubs will release toxins in the body. I got so soft and supple I

practically slithered off the table.

After a shower to rinse off the sugar exfoliant, it was back to the table for the butter cream massage. Rakhil must have magnets in her hands. They seemed to know exactly where to go to release knotted muscles. My neck, sinus, base of the skull, shoulders were released, and I could literally feel myself healing — it was magic. My chest and back were kept warm so that I could relax without coughing. It really WAS all about ME!!

Although there were other people receiving treatments including some HOT Metrosexual guys — sounds were hushed, music lush and relaxing, framed blue sky and clouds were above the tables if you were capable of opening your eyes. All of the senses were addressed and treated. I began to chuckle as I thought of the "powers" at the MGW. I just knew they thought about the Spa as a "girl thing." Little did they know what they were missing — heh, heh ... I was feeling better already! Stay-cation, yea!

But I was not to be so easily pampered into a good mood even though I was feeling I could do the Macarena. Next, I was sent to Danielle Thomas, the aesthetician, for a 60-minute Euro-Facial. Warm towels across the eyes and sinus, warm towels on the chest, creams, creams, creams scalp massage, more warm towels, neck massage, masque, warm towels, moisturizer, aromatherapy cream and heated mitts for the hands ... pure bliss! So, OK I was feeling better, looser, really relaxed and pampered. My hair was standing on end and if I'd been able to manage one I'd have screamed when I looked in the mirror but somehow I just didn't care. My face looked great and felt wonderful. These people were really getting to me

Next I was off to the 60-minute spa pedicure. Nora Osman has been at Blue Sky for over eight years. She does the most thorough and relaxing pedicure I have had in years. I was pleased to see that Blue Sky doesn't use the whirlpool pedicure chairs. It's almost impossible to find places that don't use those chairs. (They are impossible to clean properly



and have provided clients with some nasty infections). Nora is impeccably efficient and makes sure that your pedicure extends your relaxation to the very end of your stay. Massage, warm towels, hot wax and glam color — what more can you ask for? (Be sure to bring sandals or flip flops to wear home so you don't mess up your toes.)

When I was making up the tip packets for my treatments I asked Cindy Ajay, the spa's owner, if I could buy pair of those wonderful slippers. We chatted awhile about the various other treatments, glycolic facial peel and hot stone massage etc.. She told me about the "A Queen For A Day Package," which is great to buy for yourself or give as a gift for birthdays or Mother's Day. You or your giftee get lunch and "the works."

As it was, I arrived for my appointment at 10 a.m. and left at 2 p.m. — I felt I'd been away for a week. The day was beautiful, the sun was shining, birds were chirping, and yes, there WAS a Blue, Blue Sky....

The Nuthin' But Blue Skies All Day Long

BY SAEMI YAMIKAWA

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Senior Gays

BY MANUEL LOMBA

When is one a senior? That question is often asked by people interested in seniorgays.org, the support group for senior lgbt people in the Sacramento area. Personally, the moment I realized I was a senior was when I realized that it really wouldn't matter too much to me if I won the lottery, since I would probably no longer have enough years in which to really enjoy spending all the money. It was no longer important for me to be able to have an apartment in New York, Paris, London and San Francisco since I would not have enough time left to enjoy them.

To be a senior is to know that one has already lived more years than one will live in the future. To know that, like everything else, one will die.

LGBT seniors have lived through some very difficult times. Times during which we could be fired just for being lgbt and which therefore required us to be very circumspect at work. Our coworkers sometimes made jokes about "fags" and "dykes" and we, to keep our jobs, said nothing. There were witch hunts in the federal government to root out lgbt people and law enforcement could hassle us at will. All of this sometimes took

a toll on our self esteem and our ability to love ourselves and others.

Some of us did just fine, and lived with a partner for many years and maintained a large circle of friends. Others took what love they could when where they could, frenetically and anonymously. Many of us moved away from our families to large cities.

Is it any wonder that many of us are now living alone as we grow older and older? Or that we need mutual assistance in navigating our sixties, seventies, eighties (and even fifties). With whom shall we go to the movies if our old friends/partners/family members are not with us? Who will call us on the telephone or come to see us?

Why not help each other?

SeniorGays.org

Support Group for the Senior GLBT Community

As seniors we face common problems of aging, illness and the loss of friends, partners, and relatives. As LGBT people, we sometimes face estrangement from our neighbors and families. It would be good to unite to form a community of support for each other in Sacramento as well as online. In other cities such organizations have flourished and have provided companionship, fellowship, and mutual nurturing to LGBT seniors.



Exercise Tips & Secrets

BY MICHAEL COOK
FITNESS-HAPPENS.COM

Tip #3, Follow an Effective Exercise Routine! Before exercising, warm up and stretch. This helps prevent injury and maximize efforts. Workouts should start out smooth and easy.

Let's start with this very important rule, "Never overdo the first few workouts". Beginners often fall into this trap, especially if overly excited, losing patience or trying to show off. Avoid going "All out", as this may cause joints to lock-up and muscle pain. Don't try to do in two weeks what can take years to accomplish.

Don't focus on the same muscle group every workout. Concentrate on the body as a whole by planning a routine that helps tone and tighten the entire body.

Research effective exercising or talk with an expert about creating an effective exercise routine, and how to workout safely, so you can reach your goals.

"Be Consistent" was last issue's topic.

Remember today's tip, clip it out, save it on the fridge, and follow up with next issue's topic, "Use the Buddy System".

Feel free to contact Michael A. Cook, at (916) 813-9009, with questions, comments or suggestions. Michael has 15 years of experience as a certified personal fitness trainer, and is owner of Fitness-Happens.com and the East Sacramento Training Studio.

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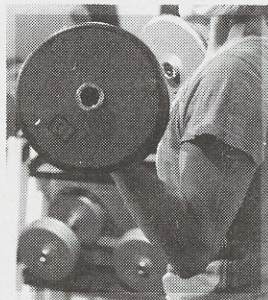
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I once read an article that said Santa Claus was a terrible role model for children.

I found this an interesting concept. Let's think about this for a minute. Santa Claus is a saint. He has a steady job. He's industrious, to say the least. He has a long lasting, stable marriage. He's a self made man who employs hundreds if not thousands of minority workers that have a hard time finding work outside of the Keebler Corporation or "Lord of the Rings" movies. He's a snappy dresser, and I suspect he only wears faux fur, unless there's a breed of cherry red mink I'm overlooking somewhere. He's good with animals. He delivers toys to children every year in what could only be described as one of the most difficult unpaid volunteer jobs known to mankind.

So why is he a bad role model for children? According to the article: because fat people are a drain on our health care system.

That article threw me for a loop at the time. After all, if Santa Claus was an unfit image for children to live up to because he was fat, what sort of example could I pose for the leaders of tomorrow? He performed a miracle annually, flying around the world in a single night, bringing joy to every child on earth. He lifted up the downtrodden afflicted with glowing red noses and gave them places of respect and dignity in the bigoted

world of reindeer fundamentalism. Yet by eating the cookie laid out for him by each star eyed child during his yearly ride he reduced himself to nothing more than a potential heart attack, one more drain on the American taxpayer.

If he's a bad role model, than what am I? I don't especially like children. Hell, I don't even always remember to give money to National Public Radio during their fund raising drives, even while I'm driving along complaining about their eternal fundraising.

We live in a world where sometimes it seems like there's only one trait that can define us. We've all felt like this, I'm sure. It can't just be we fat folks that feel that we're invisible behind the wall of one, all consuming trait. One, lone aspect of themselves that comes to be the only way that world sees us. I'm reminded of a man that was part of the Boy Scouts all his life, gave to his community, worked hard to better himself and the world around him, but was deemed unfit to become a Troop Leader because of one aspect: that he was gay. That one feature made everything else irrelevant, allowing people to overlook his honor, his charity, his good heart and ability to mentor others to become the people they wanted to be.

We all do it. My experiences with Johnny Angel, personal trainer (little sparkle glinting off his perfect white

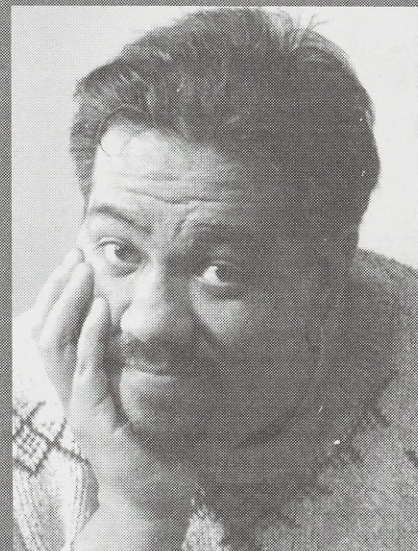
teeth), underlined the fact that I do it too. I met him and within two seconds had him pegged as a stereotypical gym bunny fitness nut. Now that I know him better, I know I was totally wrong. He's a stereotypical gym bunny fitness nut who loves video games. See? Everyone has levels.

It's like saying that rocky road ice cream is the same as chocolate chip. Sure, it's got marshmallows and nuts, too, but it's got chocolate chips and that's all we really need to know, right? Chocolate chips are all we need to know about to understand what THAT type of dessert is all about. Now just imagine the horror of that poor scoop of rocky road to know that even lathered in the whipped cream of generosity, the hot fudge of compassion, the chopped nuts of intelligence and the bright red cherry of wit - there are still some people out there that will still only see him as chocolate chip ice cream.

Pardon me. Dessert metaphors still tend to get away from me. It's something I'm working on.

In the year it's taken me to lose over 150 pounds I've noticed that the world has started treating me differently. While I'm still on this side of fat, I'm not longer seen in quite the same way. People don't reflexively call me "big guy" any more when looking for a nick name. People make eye contact in the street more easily. Strangers are more likely to touch my arm or my shoulder than they were a year ago. But the big thing I've noticed is that when I meet new people, they look a little deeper than they did before at my personality and beliefs. They don't go straight to the "Fat man/drain the health care system" default they used to, so they look a little harder for that new folder they can file me in. Am I a Christian? Am I a liberal? Am I an environmentalist? What drawer can I put you in, so I can know what you're all about at a single glance? They question, now. They explore, and show more curiosity than I've been used to, looking for that new, single trait that they can define me by.

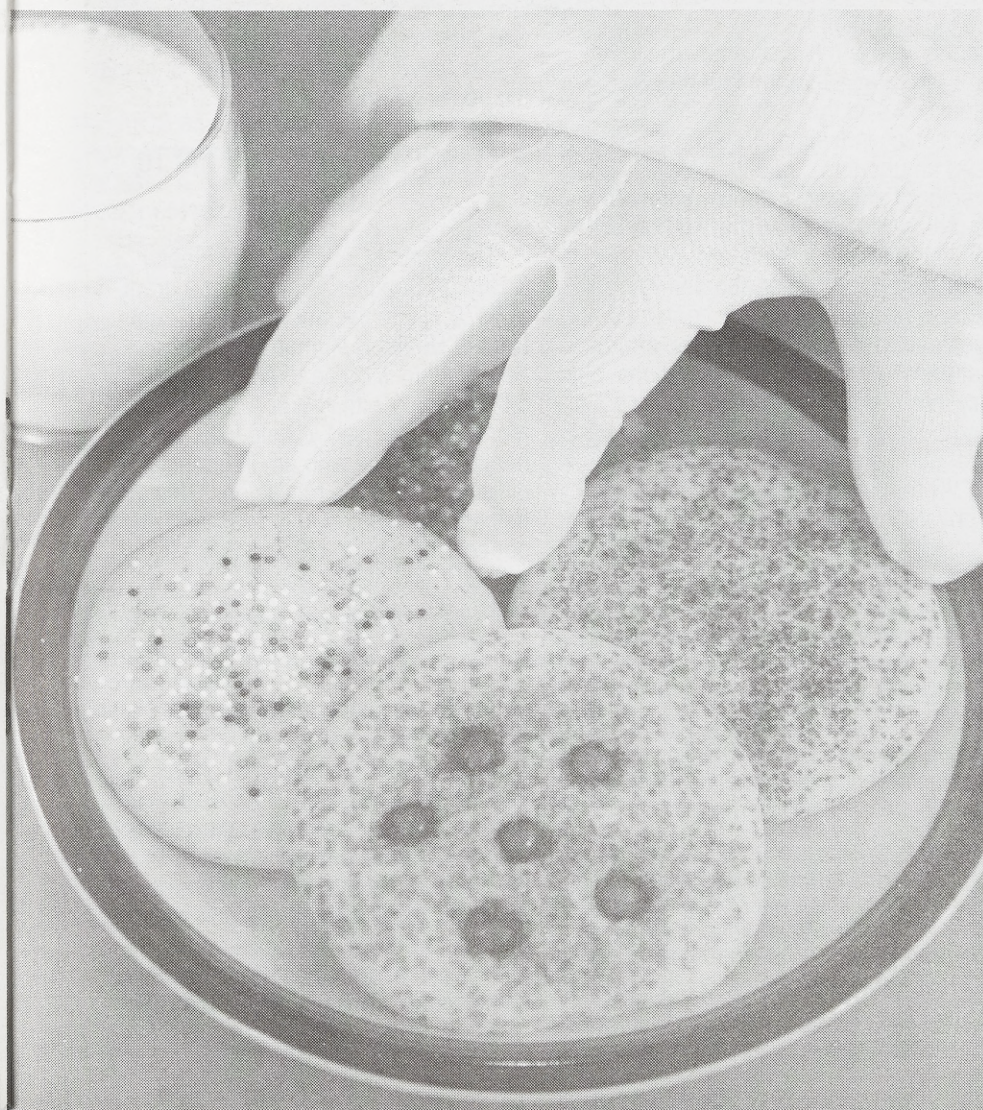
That's usually when I like to tell them I'm a scoop of rocky road ice cream.



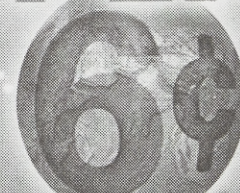
HUMORIST AND SATIRIST DONALD E. MARSHALL IS A 35-YEAR-OLD GAY MAN LIVING IN HOLLYWOOD, CA WHO RECENTLY MADE SOME CHANGES IN HIS LIFE. OVER THE PAST YEAR, HE'S LOST 130 POUNDS BETWEEN DIETING, EXERCISE AND GASTRIC BYPASS SURGERY. HIS LIFE IS CHANGING QUICKLY, AS IS THE WORLD HE LIVES IN. THE LOCAL ALL YOU CAN EAT CHINESE BUFFET HAS GONE OUT OF BUSINESS. TRAINERS AT THE GYM NO LONGER HIDE UNDER THE DESK WHEN HE WALKS BY AND HE'S EXPLORING THE WHOLE NEW WORLD OF FASHION, DESPITE THE PROTESTS OF LOCAL SALESGIRLS. BEST OF ALL, HE'S LOVING LIFE IN A WAY HE HAVEN'T IN YEARS!

Advice From a Shrinking Fat Man

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NORCAL AIDS CHALLENGE: (MAY 15-18, 2009) A 4-DAY, 330 MILE BIKE RIDE TO RAISE FUNDS AND AWARENESS FOR HIV/AIDS NORCALAIDSCHALLENGE.NET

SACRAMENTO VALLEY AIDS RUN/WALK: SEPT. 916-448-1110, SACVALLEYAIDSRUNWALK.ORG

SAC. VALLEY POZABILITIES: HIV+ SOCIAL GROUP. SACVALLEYPOZABILITIES@YAHOO.COM, PO BOX 161871, SACRAMENTO, CA 95816-1871

SIERRA HOPE: PROVIDES SUPPORT FOR PEOPLE WITH HIV & AIDS. SIERRA HOPE, 1168 BOOSTER WAY, P.O. BOX 159, ANGELS CAMP, CA, 95222, 209.736.6792, SIERRAHOPE.ORG

SUNBURST PROJECTS: PROVIDING SUPPORT TO FAMILIES WITH CHILDREN WHO ARE LIVING WITH HIV/AIDS. 1025 19TH STREET, SUITE 1A, 916-440-0889, SUNBURSTPROJECTS.ORG

FED'S MEDICINAL POT POLICY IS SHIFTING...

New top cop Attorney General Eric Holder has indicated a change in policy on medical marijuana, with Drug Enforcement Administration emphasis now to be on those who violate state law, as well as federal law. Although he was not specific about who would, or would not face DEA raids, he did say that cases in which medicinal pot dispensaries were believed to be adhering to California law were not a priority of the new Obama administration.

OBAMA NEEDLE EXCHANGE POLICY MAY SHIFT AS WELL...

The Obama administration is also in support of federally funded needle-exchange programs as part of a drug policy shift from prohibition and punishment toward boosting public health, says the assistant Secretary of State. "This will result in a policy that is broader and stronger than the one we had in the past," he said.

VATICAN DEFENDS POPE'S OUTDATED STANCE ON CONDOM USE...

Pope Benedict XVI's recent statement that condoms "increase the problem" of AIDS has come under fire from European governments as well as public health experts. He made the declaration on his way to Africa, which is devastated by the epidemic and in desperate need of accurate guidance.

The Catholic Church teaches that fidelity and abstinence are the best ways to control HIV/AIDS, and that condoms can lead to risky sexual behavior. Additionally, the Church rejects the use of condoms as part of its overall teaching against artificial contraception. A Vatican spokesperson said the pope is "maintaining the position of his predecessors."

Health and development ministers throughout Europe responded quickly, noting that condoms play a decisive role in stemming the HIV/AIDS epidemic, and that the pope's statements were a "dangerous doctrinaire vision."

The professor of immunology at Britain's Oxford University added, "My reaction is that this represents a major step backwards in terms of global health education, is entirely counter-productive, and is likely to lead to increases in HIV infection in Africa and elsewhere."

SOURCES OF SEX-ED CAN IMPACT

BEHAVIOR...

A study recently published in the American Journal of Health Behavior indicates that sources of sexual information in young people are associated with their later behavior and control beliefs. The study of 459 youths indicated that learning about sex from parents, grandparents, and religious leaders was associated with beliefs likely to postpone sex. Learning from friends, cousins, and media was associated with beliefs that increased the likelihood of having earlier sexual intercourse.

BIG BROTHER COMES TO ORANGE COUNTY...

Orange County's current Board of Supervisors has done an about-face on the county's decision 40 years ago to allow Planned Parenthood to operate a clinic at the county hospital, and provide comprehensive sex education at schools and after-school programs. Last week, the board voted unanimously to suspend Planned Parenthood's \$300,000 grant because they believe the group might include actual abortions among their services. In fact, however, none of the grant is used to provide abortions, a fact well-documented for the county, say Planned Parenthood officials.

"The irony is that the money... is educational so that women won't get themselves in a situation where they need an abortion," said the medical director of another of the community's 18 clinics. He also said that he had been contacted twice by the board, asking if he offered abortions or abortion referrals. Other clinics were similarly contacted and questioned. He explained to the board that the clinics do not offer abortions, but only information and counseling on a full range of reproductive options, including legal abortions.

"What I talk about with my patients is private," he said. "That I have a contract manager asking about those conversations is something that makes me very uncomfortable," he said.

One supervisor says they're now considering turning the education program over to Birth Choice Health Clinics, an abstinence-based group that describes itself as a pro-life ministry and uses ultra-sound photos and biblical material to "counsel" women.

FINDING THE INVISIBLE MAN...

Cultural training for those serving African American men who have sex with men will be held on Fri Apr 24, 9:00-3:30, at the county's Adult Services conference

room on Broadway. The free training (with 5 continuing education credits) will give an overview of some of the knowledge and tools needed to provide culturally appropriate HIV interventions to Black Americans. If interested, contact Patricia Wells at 916-498-1885 or pwells@ontrackconsulting.org. For more info, see www.ontrackconsulting.org/calendar/all_events.htm.

SIN IN SACRAMENTO GROWING...

Seventeen local folks attended the first potluck-social organized by Strength In Numbers - Sacramento, held last month at the Gay & Lesbian Center on L Street. Moderators Arturo and Andrew (470-6571) encourage folks to check out their web site (health.groups.yahoo.com/group/SINSacramento) to stay informed about the latest happenings for poz folk and their friends.

A white water rafting and camping trip is planned for July 18-19, coordinated through Healing Waters. The trip will be on the south fork of the American River, and the \$60 fee covers everything – tents, rafting equipment, meals, etc. Some financial scholarships are also available – no one is turned away because of financial concerns, says Healing Waters (see www.hwaters.com). Call SIN-Sacramento moderators for trip details (several spaces still left), or to join the social group.

FEDERAL HIV FUNDS ON WAY TO CALIFORNIA...

The federal Department of Health & Human Services is awarding a grant of \$870,775 to the Sacramento County Dept of Health & Human Services. Sacramento is home to an estimated 5,000 people with HIV or AIDS, and the money will be used to help folks without health insurance who are in financial difficulty due to the recession. "This grant helps those who need it most, and shows our commitment to helping those living with HIV and AIDS," said Rep. Doris Matsui (D-Calif.).

BETTER DRUGS LEADING TO COMPLACENCY...

After years of educational efforts to change the perception of AIDS from an always-fatal disease to a manageable long-term condition, some experts in France suggest that the huge variety of available treatment options now means that some people, in France and in other western countries, have become complacent. Ironically, they "see HIV



IN LOVING MEMORY OF FRIENDS LOST IN APRIL

and AIDS as a chronic disease -- not as one that can kill," says Francoise Barre-Sinoussi, a 2008 winner of the Nobel Prize for Medicine.

That false sense of security has led in part to the "frightening" rate of new HIV infections among men who have sex with men in Western nations, he says. People should bear in mind that long-term survivors of HIV are also prone to other illnesses, particularly cancers. In addition, they can become resistant to the anti-retroviral drugs, causing "major complications."

In the 1980s, says the head of Montreal's university AIDS Center, gay community leaders mounted grassroots HIV/AIDS prevention campaigns, and infections fell dramatically for a decade. But with advances in treatment, "the voices that spoke for safe sex are often silent." And the drugs themselves can be toxic.

"The data from our studies indicate the average age of people now getting HIV or AIDS is 35. These are mature individuals, not kids," he said. "Some people are throwing caution to the wind."

APRIL 1986:
SCOTT OATMAN
RANDY PIKE
DON PEREZ

APRIL 1987:
KEVIN ADAMS
MEL D. FOOTE
MICK SHAUGHNESSY

APRIL 1988:
SCOTT JAY MILLER
DAVID TAPIA, JR.

APRIL 1989:
JOSE (JOE) HERRERA
C. K. MCCLATCHY

APRIL 1990:
KENNY PENDERGAST
STANTON KOTTER
WALTER WILLIAMS
PAUL MARTIN
DR. LEE WREYFORD
GARY MCDANIEL
RYAN WHITE

APRIL 1991:
DR. LAZ NEMETH
CHAD ANDREW HENRY
MANUEL SILVA

APRIL 1992:
CHRIS ANGELES
LOUIS FRANKLIN
LAUREN SEARLE
MICHAEL CROKER
JEFFREY POILE

APRIL 1993:
DONALD THOMPSON
STEPHEN GREEN
BEN RUDOLPH
SAL G.
DONALD PRUITT
DAVID OLIVER

APRIL 1994:
JIM DISTEFANO
ANDREW SWANSON
STEVE UNRUH
PHILIP WAGGONER

JACK A.
EMILEE P.
RAWLSTON DEEN POOLE
JAY JOHNSON
WALLY ANTOSIEWICZ
VANCE E. NEEL

APRIL 1995:
WAYDE WINSLEY
JOSEPH WM. LEIS
RONALD CAMPBELL-
GALLAHER
DANIEL MILES CARGILE
RODNEY F.
WAYNE FRED RISLEY
BOB CHERMACK
JOSEPH WM. LEIS
RICHARD LYNN KING
BILLY KIMPTON
LARRY BANE

APRIL 1996:
JERRY CASTILLO ARNOLD
DR. WILLIAM "DANNY"
COVEY
JON ALLMAN

AL HADER
GARY L.
GEORGE RAY PETERSON
LINDA H.
ERIC LEE COOK
STEVEN L. MARTIN

APRIL 1998:
SHANNON DAVIS
JON ANTHONY BRIDGHAM
STEVEN BRUGGEMAN

APRIL 1999:
MIKE AMORETTI
RICHARD MONNIER

APRIL 2000:
JOE GARRETT

APRIL 2001:
ERIC HOGAN
AKILI JAYE
JIMMY MAZZA
ANTHONY "GARTH"
HARRISON, JR.

APRIL 2004:
PHYLLIS RANDALL

APRIL 2005:
MARK (DJ MARKIEMARK)
SIMPSON
MATT WAKELY

APRIL 2006:
RICHARD WYMAN
MARTY TENICH
MONTE DEAN OLSON

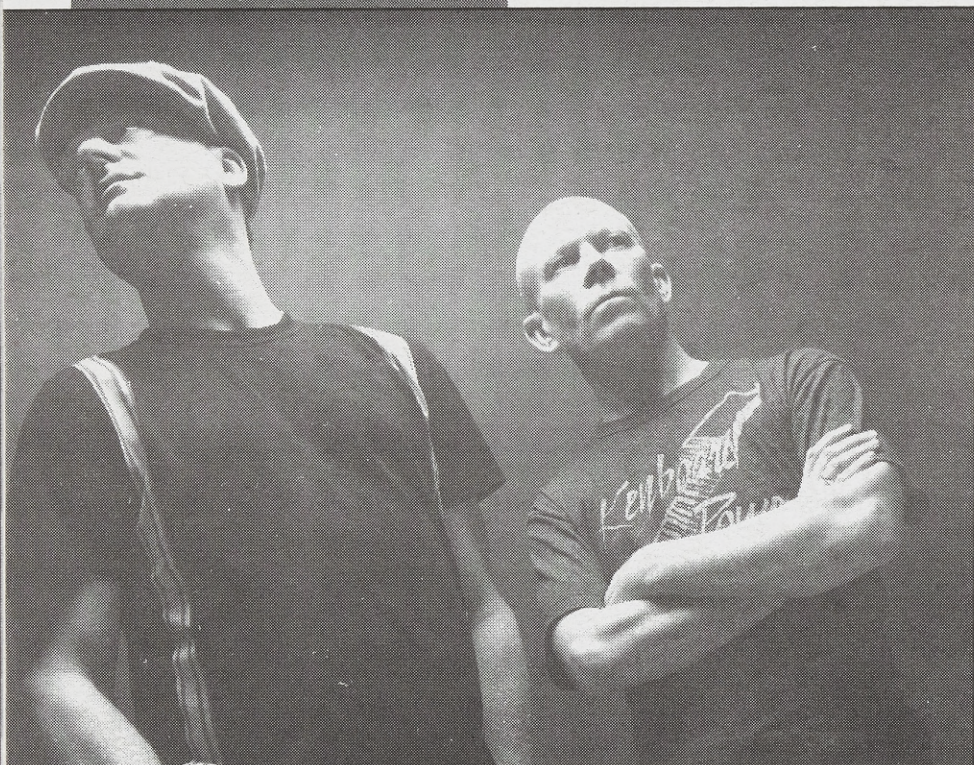
YEAR UNKNOWN:
EUGENE HARRIS
TERRY HEISER
DON HOGUE
WINSTON INGHAM

IN LOVING MEMORY
OF FRIENDS LOST LAST
MONTH: MARCH 2008:

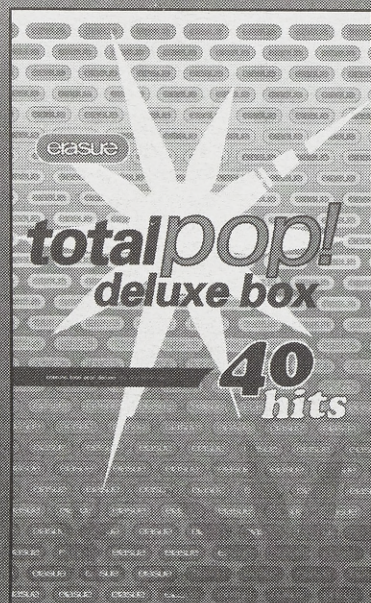
ROLF ERICKSON
CHUCK MILLER

THOUGH NOTHING CAN BRING BACK THE HOUR OF SPLENDOR IN THE GRASS, OF GLORY IN THE FLOWER,
WE WILL GRIEVE NOT, BUT RATHER, FIND STRENGTH IN WHAT REMAINS BEHIND.

TO ADD THE NAMES OF LOVED ONES TO MGW'S REMEMBRANCE COLUMN, OR CLARIFY YEAR UNKNOWN, CALL 737-0309.



Erasure Total Pop 40 Hits



Erasure's world-conquering anthems of love, lust and longing have made it one of the most beloved and enduring success stories in modern British pop music history. After more than two decades, Andy Bell and Vince Clarke (founding member of Depeche Mode and Yaz) have sold more than 15 million albums around the globe, proving themselves masters of every kind of song from disco symphonies to unplugged ballads.

Rhino shows 'a little respect' to the group with a four-disc boxed set (3CD/DVD) that includes all of the band's singles (remastered in 2009) on two discs, a career-spanning collection of live performances on a third CD and a DVD of the group's best BBC appearances. **TOTAL POP! - DELUXE BOX** will be available April 7 from Rhino Records at all retail outlets, including www.rhino.com, for a suggested list price of \$54.98.

The first disc contains a newly remastered version of *Pop!—The First 20 Hits*, Erasure's 1992 singles compilation and the group's fourth consecutive #1 album in the U.K. Arranged chronologically, the disc encompasses all of the group's singles, from its 1986 debut *Wonderland* to the 1992 EP, Abba-esque. Among the many highlights are Top 20 U.S. hits "Chains Of Love" and "A Little Respect," the #1 Dance smash "Victim Of Love," fan favorites "Oh L'Amour" and "Chorus," plus a remix of the band's first single, "Who Needs Love (Like That)."

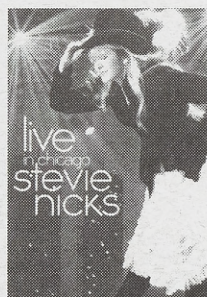
The second disc picks up where the first left off, offering 19 singles released from 1994 to 2007, the year of the band's most recent studio album, *Light At The End Of The World*. It opens with the Top 20 U.S. hit "Always," closing with Jeremy Wheatley's new mix of the song, made especially for this collection. The disc features such standouts as "In My Arms," "Breathe" and a stellar cover of Peter Gabriel's "Solsbury Hill," from 2003's *Other People's Songs*.

For the final CD, the band assembles 15 stunning and rare live performances recorded between 1987 and 2007, including three performances from 1992's *Phantasmagorical*

Tour ("Voulez-Vous," "Am I Right?" and "Heart Of Stone"), "Breathe" from 2006's *Acoustic Tour* and "Oh L'Amour" from 2007's *World Tour*.

The DVD contains BBC appearances recorded between 1986 and 2005, including performances from *Top Of The Pops*, *Daytime Live* and *The Tom O'Connor Roadshow*. It begins with Erasure's 1986 *Top Of The Pops* debut "Sometimes," followed by "Ship Of Fools" on *Wogan* and a six-song performance from 2003's *Top of the Pops 2 Special* that features a cover of "You've Lost That Loving Feeling."

STEVIE NICKS - LIVE IN CHICAGO



Stevie Nicks, rock's superstar chanteuse, the "Gold Dust Woman" herself, will be releasing the "Live In Chicago" DVD as well as "The Soundstage Sessions" CD - both in stores on March 31st, it was announced

today by Reprise Records.

The "Live In Chicago" DVD includes all the timeless Nicks songs from her solo projects as well as songs written as a member of the legendary rockers Fleetwood Mac. Along with Stevie classics such as "Stand Back," "Rhiannon," "Dreams," "Gold Dust Woman," "Landslide" and "Edge of Seventeen," the DVD also features stunning cover songs, including Dave Matthews' "Crash Into Me" and a tear-down-the-house finale of Led Zeppelin's "Rock and Roll."

"This is the first time since 1985 that I have had one of my live shows filmed and recorded," said Nicks. "We spent three years perfecting this show which we began in Vegas in October of 2007. I could not move on until we filmed this show. Luckily 'Soundstage' producer Joe Thomas, who saw the show many times, felt the same way. I am as proud of this as anything I've ever done in my entire career."

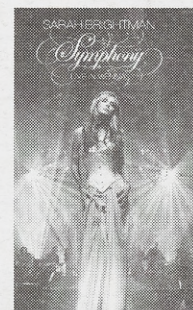
Stevie Nicks' "The Soundstage Sessions" CD includes 10 songs from the "Live In Chicago" DVD. Nicks brought the songs from the show to Nashville and worked once again with Joe Thomas in the studio where they added "Nashville strings" and additional vocals. The CD features a lush orchestral version of "Landslide" and other Nicks gems including "Stand Back," "Crash Into Me," "Sara," "Fall From Grace" and "If Anyone Falls in Love."

Digital downloads of "Crash Into Me" ("I've wanted to record this song for the last 10 years," said Nicks) and "Landslide" (orchestrated version) will be available on Amazonmp3.com on March 17th. "Enchanted," an exclusive album track, is scheduled to be available on March 31st on Amazonmp3.com. "Gold Dust Woman" and "Edge of Seventeen" will be available exclusively on iTunes on March 31st.

"We wanted everything on the DVD and CD to look and sound perfect and I think we succeeded," concluded Nicks.

Nicks is currently on the Fleetwood Mac "Unleashed" Tour, which began March

SARAH BRIGHTMAN - SYMPHONY



Due to overwhelming demand by her devoted fans, Manhattan Records will make a CD/DVD of Sarah Brightman's PBS special *Symphony — Live in Vienna*, available at retail for the first time. The package features the best-selling British soprano's spine-tingling performance

at Vienna's magnificent Stephansdome Cathedral on January 16, 2008, in both audio and visual formats. Brightman chose one of Europe's most majestic settings for this milestone concert event. Consecrated in 1147, Stephansdome Cathedral is renowned for its awe-inspiring Gothic architecture, which, along with the production's lavish light show, lends a dramatic and mystical feel to the musical proceedings, which were recorded in 5.1 Surround Sound.

"It's a very special place," Brightman says of the cathedral. "There's a dark romanticism and fairy-tale feeling within it. When you walk in, it envelops you. It's large, but at the same time you feel very at home there and quite cozy. I wanted an architectural setting that suggested faith. I think of all the cathedrals in the world, this is one of my favorites, which is why it was important to me to perform this concert there."

Backed by a live rock band and a full orchestra, Brightman delivers passionate performances of songs from her 2008 chart-topping album *Symphony*, as well as such fan favorites as "Phantom of the Opera," "Time to Say Goodbye," and "Ave Maria." Brightman also welcomes several special guests for duets, including Italian tenor Alessandro Safina, Argentinean countertenor Fernando Lima, and British singer Chris Thompson of Manfred Mann's Earth Band.

The package will be sold as a stand-alone CD as well as bundled in a CD/DVD format. The latter features more than 45 minutes of bonus material, including interview commentary by Brightman, an eight-page glossy color booklet, and an exclusive bonus audio track, "Vide Cor Meum."

Symphony — Live in Vienna comes in the wake of a busy year for Brightman, who has, over the past two and a half decades, established herself as the quintessential crossover artist and world's best-selling soprano of all time with worldwide sales of more than 26 million albums and more than two million DVDs. In 2008, the Hertfordshire, England native released her first studio album in five years, *Symphony*, which topped Billboard's Classical Overall Albums, Classical Crossover Albums, and Top Internet Albums charts, and bowed at No. 13 on the Top 200 Album chart, Brightman's highest-ever U.S. album chart debut. She also performed the Olympic theme song, "You and Me," at the 2008 Opening Ceremonies of the Summer Olympic Games in Beijing with Chinese star Liu Huan, and launched a world tour, her first since 2004, performing in the U.S., Canada, and Mexico.

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BY ERIN VON OHLSEN

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Magic Reveals the Bigger Picture

What makes all this hard work worthwhile? Waking up to demanding bodies crying for attention...either our own or others. Working at a job that doesn't pay us what we're worth and possibly with people we wouldn't particularly chose. Or maybe we're just unemployed with a full time job of torment.

People are spending their life-savings/retirement in less than a year due to layoffs. Others are losing all or most of their material possessions. So much more is happening, but this is not what I want to remind us of. In this particular time in history when everyday feels like an obstacle course, magic is everywhere.

Although this may sound a little masochistic, I get excited when chaos knocks. The air becomes charged with a supernatural energy. It is like a storm. It feels like I've entered into a dream-like state existing in between the realities of routine life and the bigger picture. Here there is hope that all this hard work is worth much more than my daily aches and pains...more than my discontent. One of my favorite fortune cookie quotes is, "Discontent is the first step in the change of a man or a nation."

When life is peaceful or at least stable, less changes. Many say they don't like change because they understand that suffering often accompanies it. I believe that all change has a higher purpose. Even though we may never understand why or how

any suffering could be for the greater good. The other question is, how could God be so good and yet allow all this bad? Or how could there possibly be a God in all this darkness?

The way I see it is that God is in it all, and often the most present during the chaos and the suffering. I don't know if God creates our suffering or if the laws of nature are what orchestrate these times...yet life and death is the cycle we all experience. What I do know is that God appears in magical ways to strengthen our hope and to remind us of the bigger picture. I believe we co-create these moments with God and or the Universe to in fact remember the supernatural.

When we do this, hard work starts to feel more like a mission worth facing. Instead of our distinctive labels of white-collar/blue collar worker, we all become warriors. The war we fight is in our own minds. We must remember the magical moments where all our actions make sense, especially when much time has passed since we've had one.

These synchronistic occurrences are what I live for. They make me feel like I am connected to a higher source. Somehow my life makes sense. At these times I know I am exactly where I am supposed to be and everything up until that moment had a purpose in bringing me there...bringing me here. Life reveals the mystical and God taps me on the head with Her wand.

A friend of mine was battling the worst case of the flu she'd ever had. She prayed for a miracle and told God, "If I wake up and am healed, I will tell Erin so she will have more material to write about." She woke up and felt amazing. The difference in her

health changed so dramatically overnight that we labeled it a miracle. Although her symptoms had not fully healed, the difference between death and life was clear. Miracle is just another word to describe the magical, mystical, supernatural and synchronistic.

My sister Lindsay called me the other day excited with this story. She was walking down the street in Hudson, NY with her 15-month-old son on a beautiful warm day. She was thinking about a woman who'd helped her during pregnancy and wondering if she would know of any mothers groups. Being new to the area, she longed for the companionship of other mothers and children. Continuing to stroll down the road she thought, "Well, it's Sunday, maybe I'll check out this church." Just as she turned the corner the woman she was thinking about pulled up in her car and said, "Hi Lindsay! Hey I want to let you know that there is a Moms and Tots group from my church that meet up on Tuesday mornings if you'd like to come." Lindsay shared this with me at precisely the exact time I needed to hear it as I was in battle...and forgetting.

I am a Painting Contractor. The name of the last client I worked for had the same first and middle name as my Dad. During this job my father who lives in NJ was rushed to the hospital to have surgery.

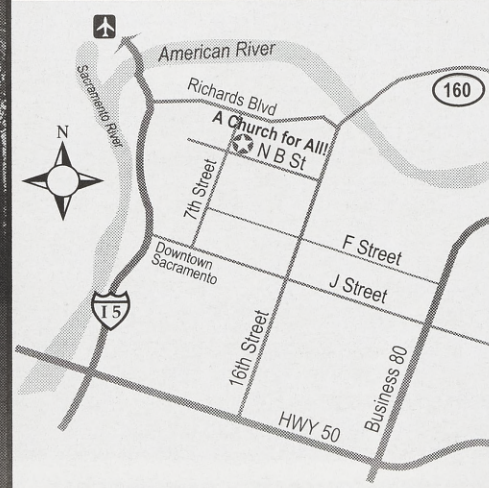
It is these moments that make it all worth it. We recognize our connection to the Source as magic. We see miracles all around us, no matter how small. God is not just in the good, but in everything. Chaos and suffering are transformative and our fear of the future is only fear. We are all warriors with a mission to remember the truth.

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Some say that polar bears are going to disappear in 50 years, but Alaskan officials insist their populations are recovering. What's the real story?

There is no doubt that polar bears are in serious trouble. Already on the ropes due to other human threats, their numbers are falling faster than ever as a result of retreating ice due to global warming. The nonprofit International Union for the Conservation of Nature, which added the polar bear to its "Red List" of the world's most imperiled wildlife back in 2006, predicts a 30 percent decline in population for the great white rulers of the Arctic within three generations (about 45 years).

The nonprofit Center for Biological Diversity presents an even more pessimistic forecast. If current warming trends continue, they say, two-thirds of all polar bears—including all of Alaska's polar bears—will be extinct by 2050. Both organizations agree that the species as a whole will likely be wiped out completely within 100 years unless humans can get global warming in check.

The erroneous notion that Alaska wildlife officials don't believe the polar bear is in trouble was put forth by Alaska governor Sarah Palin when she initiated a suit against the federal government in hopes of overturning its decision to include the polar bear under the umbrella of endangered species protection. "I strongly believe that adding them to the list is the wrong move at this time," Palin wrote in a January 2008 New York Times Op Ed piece. "My decision is based on a comprehensive review by state wildlife officials of scientific information from a broad range of climate, ice and polar bear experts."

The real story is that affording the polar bear endangered species protection would bring further regulations capping greenhouse gas emissions, a threat to Alaska's main economic driver: oil revenues. Alaska professor Rick Steiner uncovered the misinformation in Palin's claims when he found evidence that the state's top wildlife officials agreed with federal findings that polar bears are headed toward extinction: "So, here you have the state's marine mammal experts, three or four of them, very reputable scientists, agreeing with the federal proposed rule to list polar bears and with the USGS [United States Geological Survey] studies showing that polar bears are in serious trouble," said Steiner.

A solid link between global warming and polar bear mortality emerged in 2004 when researchers were surprised to find four drowned bears in the Beaufort Sea off Alaska's North Slope. The meltdown of sea ice—the polar ice cap had retreated a record 160 miles to the north—forced the bears to swim unusually long distances to find solid ice, which they depend on as hunting and fishing platforms and for rest and recuperation. And more recently, USGS researcher Steven Amstrup published findings that polar bears are "stalking, killing and eating other polar bears" as competition

for scarcer food heats up.

Beyond global warming, other risks to polar bear populations include toxic contaminants in the surrounding environment as well as in the fatty tissue of the prey they rely on, conflicts with shipping, stresses from recreational polar-bear watching, oil and gas exploration and development, and overharvesting through legal and illegal hunting.

Contacts: International Union for the Conservation of Nature, www.iucn.org; Center for Biological Diversity, www.biologicaldiversity.org.

There's a lot of talk today about solar and wind power, but what about biomass? How big a role might this renewable energy source play in our future? Couldn't everyday people burn their own lawn and leaf clippings to generate power?

The oldest and most prevalent source of renewable energy known to man, biomass is already a mainstay of energy production in the United States and elsewhere. Since such a wide variety of biomass resources is available—from trees and grasses to forestry, agricultural and urban wastes—biomass promises to play a continuing role in providing power and heat for millions of people around the world.

According to the non-profit Union of Concerned Scientists (UCS), biomass is not only a renewable energy source but a carbon neutral one as well, because the energy it contains comes from the sun. When plant matter is burned, it releases the sun's energy originally captured through photosynthesis. "In this way, biomass functions as a sort of natural battery for storing solar energy," reports UCS. As long as biomass is produced sustainably—with only as much grown as is used—the "battery" lasts indefinitely.

While biomass is most commonly used, especially in developing countries, as a source of heat so families can stay warm and cook meals, it can also be utilized as a source of electricity. Steam captured from huge biomass processing facilities is used to turn turbines to generate electricity. Of course, biomass is also a "feedstock" for several increasingly popular carbon-neutral fuels, including ethanol and biodiesel.

According to the federal Energy Information Administration, biomass has been the leading U.S. non-hydroelectric renewable energy source for several years running through 2007, accounting for between 0.5 and 0.9 percent of the nation's total electricity supply. In 2008—although the numbers aren't all in yet—wind power likely took over first place due to extensive development of wind farms across the country.

According to the USA Biomass Power Producers Alliance, generating power from biomass helps Americans avoid some 11 million tons of carbon dioxide emissions that burning the equivalent amount of fossil fuels would create each year. It also helps avoid annual emissions of some two million

tons of methane—which is 20-plus times stronger a "greenhouse" gas than carbon dioxide—per year.

The largest biomass power plant in the country is South Bay, Florida's New Hope Power Partnership. The 140 megawatt facility generates electricity by burning sugar cane fiber (bagasse) and recycled urban wood, powering some 60,000 homes as well as the company's own extensive milling and refining operations. Besides preserving precious landfill space by recycling sugar cane and wood waste, the facility's electricity output obviates the need for about a million barrels of oil per year.

Some homeowners are making their own heat via biomass-fed backyard boiler systems, which burn yard waste and other debris, or sometimes prefabricated pellets, channeling the heat indoors to keep occupants warm. Such systems may save homeowners money, but they also generate a lot of local pollution. So, really, the way to get the most out of biomass is to encourage local utilities to use it—perhaps even from yard waste put out on the curb every week for pick-up—and sell it back to us as electricity.

Contacts: UCS, www.ucsusa.org; USA Biomass Power Producers Alliance, www.usabiomass.org.



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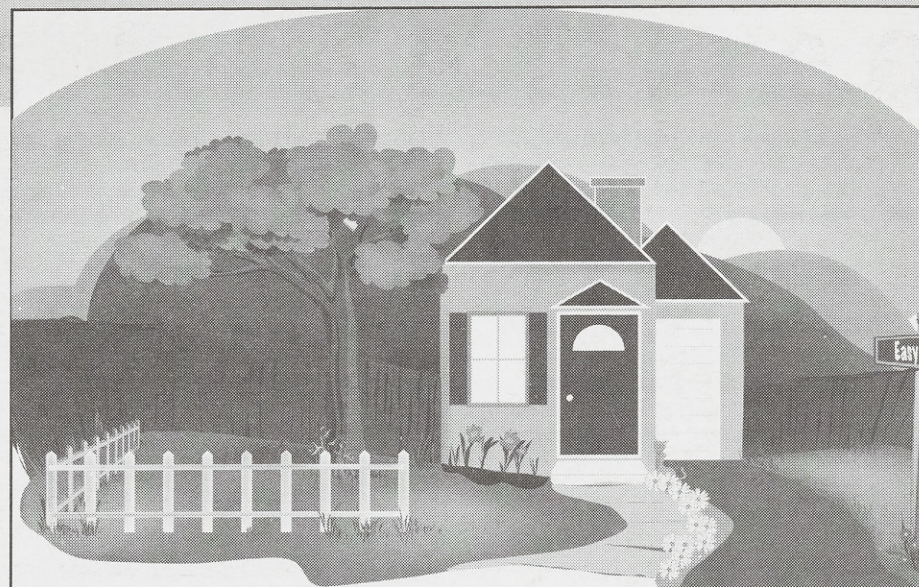
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COMMUNITY PARTNERS

MGW
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Lavender Library

ACTIVISM

Equality Action NOW, a Sacramento based grassroots organization dedicated to mobilizing concerned citizens to promote equality for all. Formed in the wake of Prop. 8 the group works to see that LGBT voices and concerns are represented in the larger community. 916.446.1082, equalityactionnow.org

BARS

Badlands Dance Bar: Mon - Sat 4pm to 2am, Sun 2pm to 2am, 2003 K St., 916.448.8790, sacbadlands.com

BoJangles: 18+, 1119 21st St. (Moving Next To Headhunters Soon)

Bolt Bar: Leather/Cowboy/Bear, Open 5pm-2am Mon - Fri, 2pm-2am Sat and Sun, 2560 Boxwood St., sacbolt.com

Club 21: 1119 21st St.

Depot Video Bar: 2001 K St., 916-441-6823, Mon - Fri 4pm - 2am, Sat and Sun 2pm - 2am, thedepot.net

FACES Nightclub: 2000 K St., 916-448-7798, faces.net

Mercantile Saloon: 1928 L St., 916.447-0792

Headhunters/ROK: Restaurant, Bar Service until 2am, 1930 K Street, headhuntersonk.com

BUSINESS

Rainbow Chamber of Commerce: Business association promoting networking within the gay and lesbian business community and its supporters. rainbowchamber.com

Valley Rainbow Pages: A directory of GLBT-owned and GLBT-friendly businesses in the Greater Sacramento Valley. vrp.info

FAMILY

Camp it Up: (August 3-10) A family camp known for one-of-a-

kind gay family vacations, we respect and celebrate all unique families. www.campitup.org

Camp Lavender Hill: A week-long summer camp for children, ages 9-14, of LGBT families. (2008 camp date has passed). camlavenderhill.org

Lesbian Families: A forum for Lesbian couples with children. geocities.com/lesbianfamilies/index.html

Sacramento PFLAG: Promotes health and well-being of LGBT persons, families and friends. Meets the third Tues. of each month at 7:30pm, St. Mark's United Methodist Church, 2391 St. Mark's Way. 916-978-0410, pflagsacramento.org

FESTIVALS

Sacramento Pride: (June) Annual Pride celebration for Sacramento, hosted by the Sacramento Gay & Lesbian center. sacramentopride.org

Rainbow Festival: (Aug. 29 - 31, 2008) Annual LGBT street faire over Labor Day Weekend. Rainbow Festival is Run by CGNIE and takes place at 20th & K Sts. rainbowfestival.com

Sac. International Gay & Lesbian Film Festival: (Oct. 9-11, 2008) Annual LGBT film festival takes place over 5 days. siglff.org

Sac. Earth Day: Annual Festival coordinated by Environmental Council of Sacramento (ECOS), 909 12th Street, Suite 100, 916-444-0022, sacramentoearthday.net

GALLERIES

Crocker Art Museum: The longest continuously operating art museum in the West founded 1885. crockerartmuseum.org

Kennedy Gallery: 2110 K St. Tues.-Sat. Noon to 6pm and by Appointment. mmkgallery.com

HIV | AIDS

Breaking Barriers: Provides a wide range of services for people living with HIV. 2200 21st St., 916-447-2437,

THIS MONTH'S COMMUNITY DIRECTORY SPONSOR IS: GAYSACRAMENTO.ORG
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breakingbarriers-sacramento.org

Capital City AIDS Fund: Raises money for HIV/AIDS services in the Sac. area. CCAF's activities include Oscar® Night (Feb. 2010), NorCal AIDS Challenge (May 14-17, 2009), and Sacramento Valley AIDS Run Walk (Sept., 2009). capcityaidsfund.org

CARES: HIV/AIDS health clinic, outreach, education and prevention. Free, rapid HIV testing M-F 9 am to 5 pm. 1500 21st St., 916-443-3299, caresclinic.org

Golden Rule Services: A minority based organization that resolves health, education, employment and criminal justice disparities in People of Color communities through culturally competent programs and resources. 4433 Florin Road, Suite 760. 916-427-GOLD, goldenrules.info

NorCal AIDS Challenge: (May 15-18, 2009) A 4-day, 330 mile bike ride to raise funds and awareness for HIV/AIDS norcalaidchallenge.net

Sacramento Valley AIDS Run/Walk: Sept. 14, 2008. 916-448-1110, sacvalleyaidsrunwalk.org

Sac. Valley Pozabilities: HIV+ social group. sacvalleypozabilities@yahoo.com, PO Box 161871, Sacramento, CA 95816-1871

Sierra Hope: Provides support for people with HIV & AIDS. Sierra HOPE, 1168 Booster Way, P.O. Box 159, Angels Camp, CA, 95222, 209.736.6792, sierrahope.org

Sunburst Projects: Providing support to families with children who are living with HIV/AIDS. 1025 19th Street, Suite 1A, 916-440-0889, sunburstprojects.org

IMPERIAL COURT

Court Of The Great Northwestern Imperial Empire (CGNIE): Parent organization for Sacramento's Court, La Kish Hayworth Memorial Fund, Fairy Godfathers' Fund and Rainbow Festival. myspace.com/cgnie

LAW | POLITICS

California Communities United Institute promotes the social, economic, and human rights of lesbian, gay, bisexual, transgender and intersex individuals, couples, and families; people affected by HIV/AIDS; people of color; women; and people of low economic status. We urge elected officials to enact and support legislation that accomplishes this goal. calcomui.org

SAC Legal: Association of attorneys, legal professionals, and legislative advocates, affiliated with the Sacramento County Bar Assoc. that promotes equality the LGBT community. saclegal.org

California Capital Political Action Committee (CAP/PAC): A non-partisan, political action committee formed to provide a voice for the LGBT community in the political process. cappac.net

Green Party of Sacramento County: P.O. Box 2082, Sacramento, CA 95812, 916-484-4000,

sacgreens.org

Libertarian Party of Sac.: P.O. Box 3003, Orangevale, CA 95662, lpsacramento.com

Log Cabin Republicans: logcabin.org/logcabinca/sacramento_chapter.html

Stonewall Democrats of Sac.: Helping elect qualified, openly LGBT people and Democratic candidates who support equal rights for LGBT. P O Box 161623 Sacramento, CA 95816-1623, 916-441-1787, sacstonewall.org

MARRIAGE - PENDING

Sacramento County Clerk Records Office, 600 8th St @ F St., ccr.saccounty.net

NEW MEDIA

Being Gay Today: Sacramento's oldest, still-running GLBT TV show. Comcast Cable. Access Sac, channel 17. Thurs. 10pm, Now on myspace and youtube. beinggaytoday.com

Checkered Nation Video Show: A gay-focused internet chat show in and around Sacramento. checkerednation.com

Transponder Radio: Internet radio show covering many transgender issues. transponder.com

PERFORMANCE

A Small Difference Women's Choral Ensemble: Women, under the direction of Sage Brown, dedicated to performing music with a message. smalldifference.org

Sac. Gay Men's Chorus: Produces up to three concerts a year, and performs throughout the year at events in and around Sacramento. sgmchorus.org

Sacramento DanceSport: The Largest Same-Sex Dance Program in the United States. Classes, performances and competition. sacdancesport.com

True Colors Women's Chorus: Women building a community through their love of music. 877-758-7827, truecolorschorus.org

RELIGION

A Church For All: Fosters an all encompassing spiritual community. 721 North B Street, Sacramento, CA, 95816-2073, 916-502-5603, spirit@achurchforall.org. achurchforall.org

Atheists and Other Freethinkers: Promoting the civic understanding and acceptance of atheism in our community. aofonline.org

Atonement Lutheran: Welcomes all people, regardless of race, language, previous denominational affiliation, gender, or sexual orientation. at-one.org

Grove of the Oak: An eclectic group of Druids, Wiccans, and other Pagans who gather twice a month and on the eight annual Celtic seasonal festivals, to share community, perform

ritual, create magic, and support each other in our chosen earth-honoring pagan paths. groveoftheoak.org

Lutheran Church of Our Redeemer: LGBT affirming and supports the Lutheran Lesbian & Gay Ministries. lcorsac.org

Pioneer Congregational Church: LGBT open and affirming. 2700 L Street, 916-443-3727, uccwebsites.net/pioneercongsacramentoca.html

St. Mark's United Methodist Church: A Christian community welcoming a diverse congregation. stmarksumc.com

St. Paul's Episcopal Church: A Christian community that embraces one and all to worship together at God's table. 1430 J Street, 916.446.2620, stpaulssacramento.org

Trinity Episcopal Cathedral: LGBT affirming. Christian worship, life and ministry. 2620 Capitol Ave., 916-446-2513, trinitycathedral.org

Valley Ministries: Existing to communicate God's love and accept all people. 4118 Coronado Ave, Stockton. 209-464-5244, valleyministries.com

Westminster Church Sacramento: A community of faith accepting all people solely on the basis of their affirmation of faith in Jesus Christ. westminsac.org

RESOURCES

GaySacramento.org: Interactive online resource for LGBT Sac. news, events and community resources. gaysacramento.org

Lavender Library: Serves the LGBT community as a lending library and archives as well as houses LGBT activities. Loans books, periodicals, DVDs (general and erotica), to members. lavenderlibrary.org

outsacramento.com: Internet links, photos, message board and news for LGBT Sacramento. outsacramento.com

Sac. Gay & Lesbian Center: Serving the LGBT of Greater Sacramento and surrounding counties, providing facilitated discussion groups for LGBT youth and adults, counseling, legal services, HIV prevention and education services and programs for LGBT seniors, families and people living with HIV/AIDS. saccenter.org

SENIORS

Senior Gays: A resource for the senior LGBT and friendly community. SeniorGays.org

SOCIAL GROUPS

Capital City Squares: A square dance club for LGBT people who want to learn and enjoy Modern Western Square Dancing. iagsdc.org/capitalcity

Males Au Naturel Sacramento (MANS) - A gay/bi male naturist organization for men who enjoy social naturism in positive. groups.yahoo.com/group/malesaunaturesacramento
Natomas LGBTQ: A group to connect Natomas area queers for in-person social activities. An

alternative to the bar scene. natomaslgbtq.wordpress.com

Sac Woof Society: A social group for bears and bear lovers. sacwoofsociety.net

Gay Men's Book Group: A literary group for Sac. gay men. Meets once a month (usually 3rd Wednesday). groups.yahoo.com/group/sacgaybookgroup

Pink Pistols - LGBT group with an interest in shooting sports and self defense. pinkpistols.org/local/sacramento

Sacramento Professional Men's Group: Alternative lifestyle men who get together for networking and social gatherings with other professional men. groups.yahoo.com/group/SacramentoProfessionalMensGroup

Sac. Valley Bears: A social and charitable organization for bears and bear admirers. sacvalleybears.org

Sac. Valley Knights: Northern California motorcycle club whose membership consists solely of those who own and ride motorcycles. valleyknights.org

Sac. Valley LeatherCorps: Gay men's and women's organization seeking to educate and mentor members of the Leather/BDSM communities through classes and other club activities. svclub.org

SPORTS

CHEER Sacramento: Volunteer cheerleading squad now cheering at games for West Sacramento Wolverines. cheersacramento.org

Frontrunners of Sacramento: Social group inclusive of all types, sizes, dispositions, and levels of activities with running and running events as a main focus. frsac.org

Gay & Lesbian Sierrans: Lesbians and gay men who enjoy outdoor adventures and camaraderie. motherlode.sierraclub.org/gls

Gay Sport Bike Riders of Sacramento - Gay sport bike enthusiasts who meet, post rides and related links. Serious enthusiasts 18+ are welcome. autos.groups.yahoo.com/group/SAC_GSR

River City Bowlers: Gay and Lesbian Bowling league. Winter league runs from Sept.-May and averages 22 teams per season. Summer league lasts 12-13 weeks beginning in June. rivercitybowlers.homestead.com/about.html

Sac. Capital Crossroads Gay Rodeo Association (SCCGRA): Sacramento's gay rodeo chapter. capitalcrossroads.org

Sacred City Derby Girls (SCDG): Sacramento Women's Roller Derby team. sacredcityderbygirls.com

THEATRE | FILM

Lambda Players: LGBT theatre company now in its 19th Season. 1028 R Street, 916-444-8229, lambdaplayers.com

24th Street Theatre: Hosts Runaway Stage which does musicals and larger well-known

plays. Facilities for large meetings, lectures, film screenings and performances Sierra 2 Center, 2791 24th Street, 916-452-3005, sierra2.org

Capital Stage - Capital Stage, Delta King: 1000 Front Street, www.capstage.org

Mondavi Center - 530-754-ARTS, One Shields Ave. Davis, mondaviarts.org
Shiny Object: Weekly showings of independent films and Rocky Horror Picture Show. 600 4th St. West Sacramento, shiny-object.com

The Crest Theatre: 1013 K St., 916-44-CREST. Shows independent and GLBT films. Often hosts Sacramento Gay & Lesbian Film Festival. thecrest.com

TRANS SUPPORT

Sac. Gay & Lesbian Center Trans Support: Counseling services available for transgender people. 916-442-0185, Ext. 102. 1927 L St., saccenter.org

Kings of Drag: Performance troupe of women dressing in male drag. kingsofdrag.com

Sac. Gender Alliance: Provides recreational and educational needs of the trans community, their spouses, family members and related professionals. 916-442-0185, Ext. 141, saccenter.org

Sigma Delta Gamma "Sac. Delta Girls": A chapter of Tri-Ess, an educational, social and support group for heterosexual cross-dressers, their spouses or partners and their families. 916-359-2328, geocities.com/Sigma_Delta_Gamma

WOMEN

Adventure Out Women: Business networking, social activities, special events and recreational adventures throughout California year-round. adventureoutwomen.com

Lesbian Cancer Support: Meets third Monday of each month at 6:30pm. Bring partners or

support people with you. ROXANNE1040@aol.com

Rainbow Womyn (Sac.): Online social group for Womyn. groups.msn.com/RainbowWomynofSacramentoCA

Sac NOW: Feminist news, actions, and opportunities. Meets monthly on the 3rd Thurs., 7pm, at the Hart Senior Center at 915 27th Street (27th & J St.). sacnow.org

Sacto Girls: Lesbian social group for women in the Sacramento and surrounding areas. members.aol.com/sactogirls/index.html

Sisters of Scots Women's Motorcycle Club (SOSWMC): A tightknit sisterhood on women motorcycle riders who plan social events and raise funds for various charities. SOSWMC@hotmail.com, soswmc.org

Sac. Area Lesbian Health Resource Guide: A guide to help lesbians in the greater Sac. area identify and obtain services from providers who are sensitive to the needs of lesbian, bi and trans women. saclesbianhealth.com

Single Lesbians of Sac.: A community of single lesbians in the Sac. area interested in meeting other lesbians for the purpose of dating. groups.msn.com/SingleLesbiansofSacramento

Women On Wednesdays: Social discussion/activity group meets each Weds. at the Gay & Lesbian Center, 1927 L St. 7-9pm. Open to lesbian, bi and trans women. saccenter.org

Womyn Over the Rainbow: A group open to lesbian womyn over the age of 40 for the purpose of building friendship. groups.msn.com/WomynOverTheRainbow

YOUTH

CSUS Pride Center: Open to Sac State LGBT students. Lassen Hall 3011, 6000 J Street, 916.278.8720, Email: pride@csus.edu, csus.edu/pride

Delta Lambda Phi: A non-secret, non-hazing, national social fraternity founded by gay men for all men. dlp.org/iota/DLP.htm

Lambda Delta Lambda: Queer-friendly Sisterhood/Sorority social network on campus, accepting of all social identities and backgrounds. dlucdavis.org/about.htm

Modesto LGBTQ Youth: GLBTQ Youth in Modesto and surrounding areas. myspace.com/lgbtqmodesto

Rainbow Club Of American River College: LGBT students on the American River Campus. geocities.com/arc_glbtcclub

Queer Straight Alliance CSUS: Social/Activist group on campus. myspace.com/queerstraightalliance

RESPECT Sacramento: A grassroots organization dedicated to creating safe schools for all sexual minority people in Sacramento area schools. Meets the second Weds. of the month, 6:30pm at Lavender Library, 1414 21st St. 916-733-2135, RespectSacramento.org

Sac Youth Yahoo Group: Forum for LGBT and friendly youth under 21 years old. sacyouth.net groups.yahoo.com/group/sacyouth

City College LGBT Club: 3835 Freeport Boulevard, 916-558-2111 Advisor: Gayle Pitman, Behavioral & Social Sciences, PitmanG@scc.losrios.edu, wserver.scc.losrios.edu/~glbt/index.html

U.C. Davis LGBT Resource Center: Campus Center for LGBT students. 530-752-2452, lgbcenter.ucdavis.edu

REGIONAL

Amador County GLBTQQ Support Group: Amador County Mental Health - call Mary Pulskamp at 209-223-6412

Central Valley Stonewall Democratic Club: Helps elect qualified, openly LGBT people

to public office, as well as Democratic Party candidates that support equal rights for the LGBT community. cvstonewall.org

Diversity R Us: Support group for Yuba City-Marysville GLBT. groups.yahoo.com/group/diversityrus

Foothill Lesbians and Gays Social Network (FLAG): An organization for the LGBT community in the Sierra Foothills of No. Cal. flagamador.webs.com

Gaysonoma.com: Online Guide to events, personals, gay businesses, community organizations, classifieds, for Sonoma County LGBT. gaysonoma.com

"If The Shoe Fits": Gay/lesbian organization in the Foothills of El Dorado County that provides social/recreational activities for members. itsfnews.org

Nevada County Pride: Social network of gays and lesbians in western Nevada County in California. nevadacountypride.org

Out In The Mother Lode: Social network for fun/support among the LGBT in the central sierra foothills. outinthemotherlode.org

PFLAG Sonora/Mother Lode Chapter: Meets on the third Tuesday of Jan., Apr., July, and Oct., 6:30pm, at the Tuolumne County Library. Other events scheduled through the year. pflagsonora.org

Rainbow Frontier: A website for LGBT adults in rural/frontier areas of Northeastern California funded Plumas County Public Health Agency, 1-800-801-6330 or 530-283-6358, rainbowfrontier.org

Sierra Gay Men's Network: A newsletter & blog with news for Gay Men and their friends in the Sierra Foothills of California. sgmn.org

Sisters of Scots Foothills Chapter: Women's Motorcycle Club who rides mostly in the foothills. soswmcfoothills.org

Solano Pride Center: Support for LGBT of Solano County. Solano Pride Center, 1125 Missouri St., Ste. 203-D, Fairfield, CA 94533, 707-427-2356, solanopride.org

Stanislaus Pride Center: Resources and support for LGBT persons in Stanislaus and surrounding counties. stanpride.org

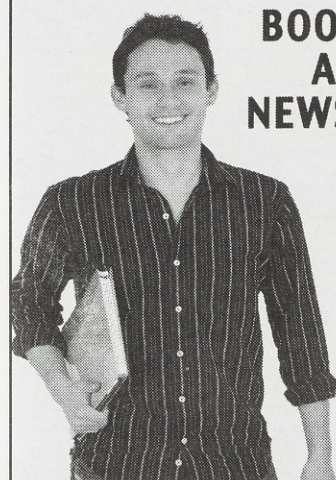
Stonewall Alliance of Chico: Services and support for LGBT people in Chico and surrounding areas. stonewallchico.org

Western Slope Men's Social Group: Online forum for gay/bi men on/near the Western Slope of the Sierra Nevada's (between Sac. and So. Lake Tahoe). groups.yahoo.com/group/WesternSlopeMensSocialGroup

Yuba-Sutter Unity: Social, education & community involvement. gayyubasutter.com, groups.yahoo.com/group/Yuba-Sutter-Unity

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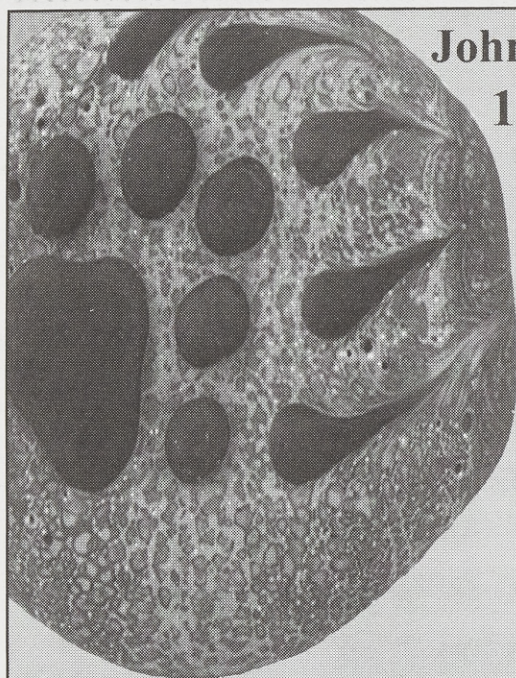


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WILD DRAG RACE

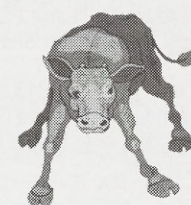
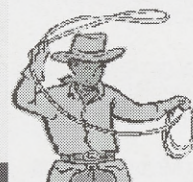
EVENTS SUBJECT TO CHANGE

REGISTRATION:

\$25 PER EVENT
(PAYABLE AT RODEO SCHOOL)

PRE-REGISTER

SEND YOUR NAME & EVENT(S) TO
EVENTS@CAPITALCROSSROADS.ORG
SUBJECT LINE: RODEO SCHOOL



GENERAL MEMBERSHIP MEETING
2:00 PM - 4:00 PM

BBQ LUNCH
COMPLETE LUNCH INCLUDING BEVERAGE
\$5 DONATION
12:30 PM - 1:30 PM
RSVP TO: EVENTS@CAPITALCROSSROADS.ORG



JUNE 5-7, 2009

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GUARANTEED SATISFACTION



Productions
&
BADLANDS
PRESENT

Courtney Parks in

"It's All About Me!"

ONE NIGHT ONLY!

Wednesday, April 8th at 7:30
Badlands Nightclub
2803 K St. Sacramento, CA 95814

Cover Charge \$5.00 at the door

ALL PROCEEDS GO TO CHARITY AND ORGANIZATIONS

For more information contact
Friends of Dorothy Productions
at 916-534-7496.

Back in October, Courtney had the opportunity to do the show of her dreams, "Under Their Influence A Tribute to Barbra, Bette and Judy". Now Courtney Parks is back on stage in a show appropriately titled "It's All About Me". Although Courtney loves her Diva's, this show is about her of all music. She will be joined on stage with a full band, and along with doing a few favorites from Barbra, Bette and Judy, she will be singing never music and a new song. Courtney will be singing everything from Judy to Melissa Etheridge, from Bette Midler to Pink, Barbra to Beyonce, and many other music that EVERYONE Loves! Come to see the beauty of this Vocalist and her band.

Wednesday
April 8th at 7:30
BADLANDS

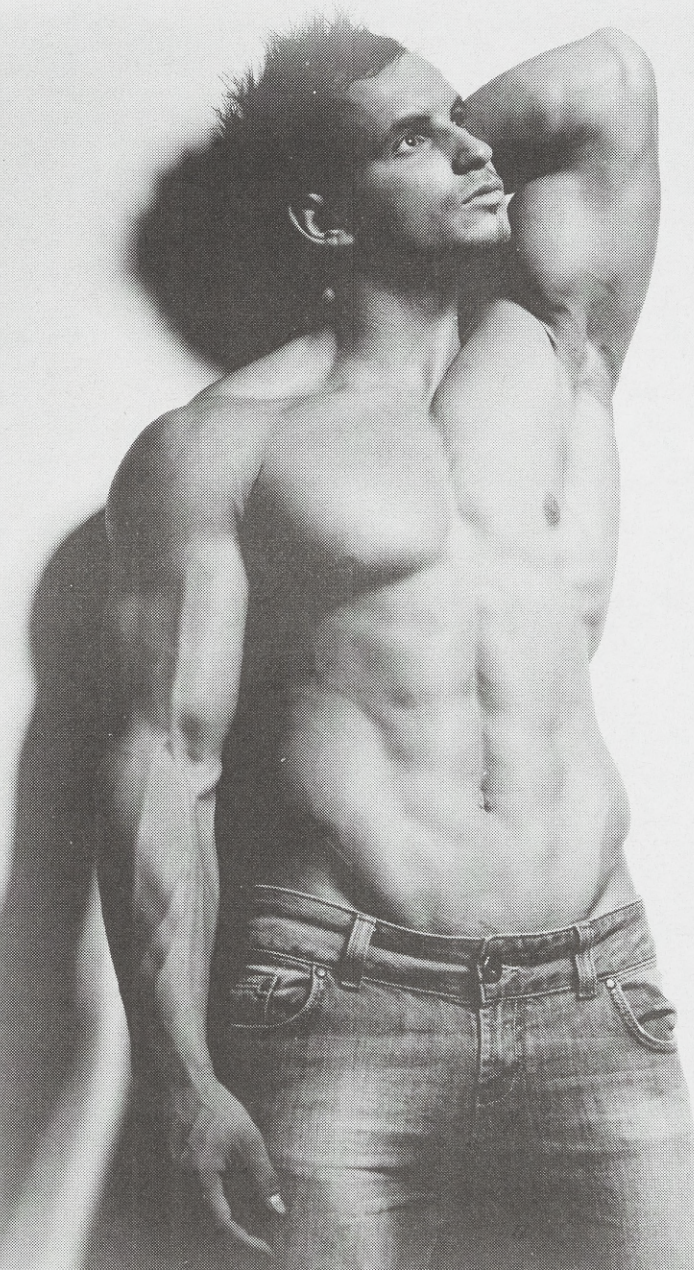
Dragalicious

Sundays, 9pm

with your hostess

mizz monique

moore



FACES

Nightlife Built For You!

Weekly Schedule!

Monday

Win Cash - Give-Away @ Midnight
Next 7 Weeks Watch RuPaul's New Show DragRace
With Your Host Monique Moore @ 10:00pm
Karaoke @ 9pm

Tuesday

Latin Night Featuring Live Shows & Hot Go Go Dancers
Drink Specials Throughout The Night!

Wednesday

75¢ Well Drinks & 75¢ Draft Beers 8pm -Midnight!
Featuring 80's Music, Country, Top40 & R&B

Thursday

All New SEXXX Thursdays Features All Male Strippers,
Erotic Shadow Dancing, Weekly Contests, Hot Go Go Dancers
And Drink Specials All Night Long!

Friday

Furlough Fridays
"NO COVER" With State I.D. (special events excluded)
75¢ Well Drinks & 75¢ Draft Beers 7-9pm
Featuring 70's Music, Country, High Energy, Top40 & R&B
Hot Go Go Dancers Entertaining You All Night!

Saturday

75¢ Well Drinks & 75¢ Draft Beers 7-9pm
Featuring 70's Music, Country, High Energy, Top40 & R&B
Hot Go Go Dancers Entertaining You All Night!

Sunday

\$2.00 Double Well Drinks - \$1.00 Draft Beers
Dancing 3-9pm -Dragalicious Show @ 9pm

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APRIL 3**

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**KAT DELUNA
LIVE ON STAGE!!**

3 CALIENTE DANCE FLOORS
DJ CARLITOS • DJ MR. BIGGZ
+ SPECIAL GUEST

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SACRAMENTO

HOSTED BY
LOLA



LATIN BILLBOARD
AWARD WINNING ARTIST

**KAT DELUNA
PERFORMS LIVE**

SINGING HER #1 HITS
"WHINE UP"
"RUN THE SHOW"
"UNSTOPPABLE"
"NA NA NA"

ADVANCE GENERAL ADMISSION OR VIP MEET +
GREET TICKETS CAN BE PURCHASED ONLINE AT
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